DIRTY FIGHTING

AN INTRODUCTION TO THE
PRINCIPLES OF
COMBAT WITHOUT WEAPONS

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DIRTY FIGHTING
INTRODUCTION

It is important for fighting men to know how to fight. The science of warfare has been developed to a fine point undreamed of even twenty years ago. With precision-built weapons of destruction, nations now know more about how to wipe each other out than they have ever known before. However, in the making of more efficient killing tools, most men have forgotten to learn how to fight without any weapons.

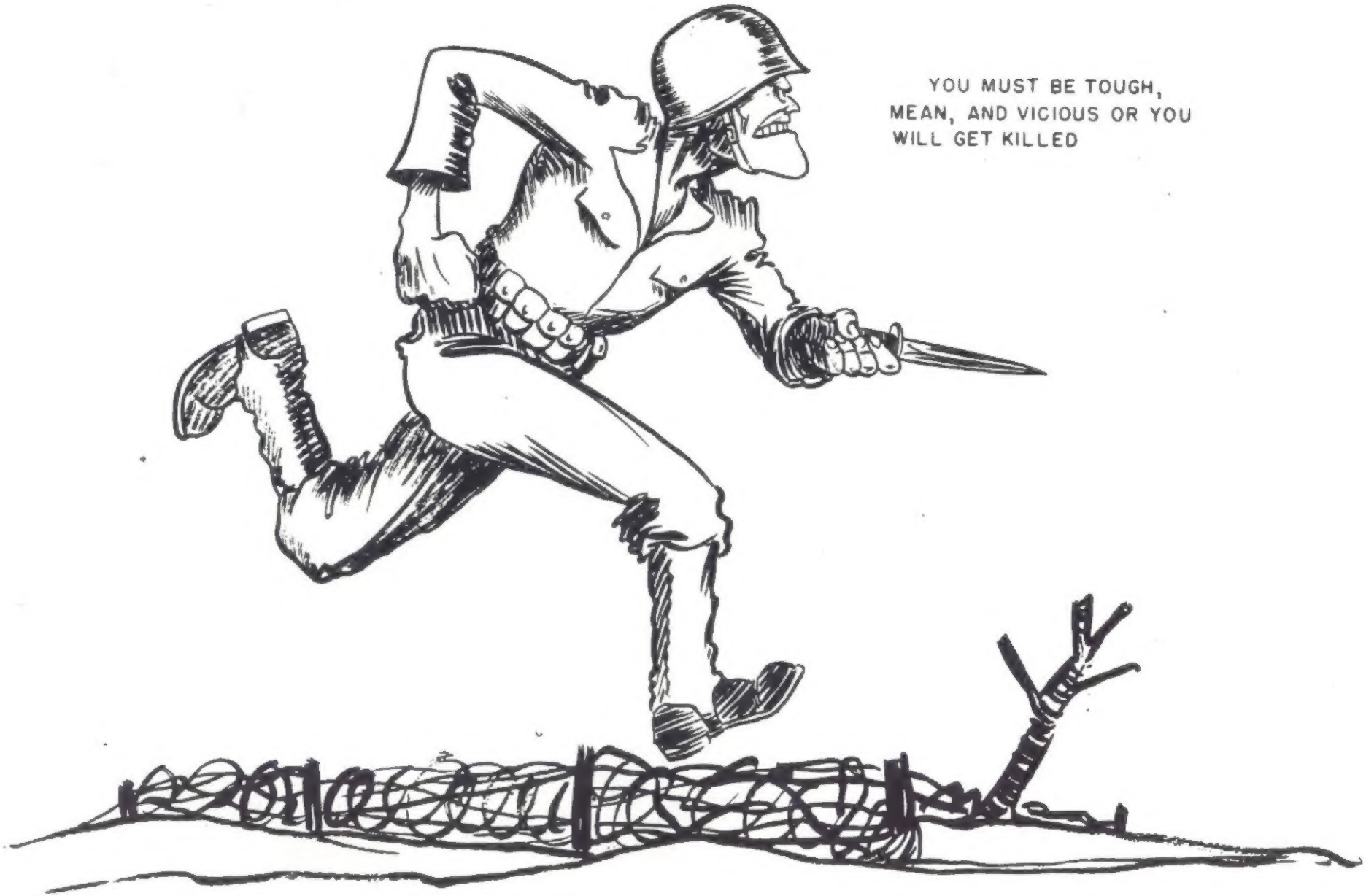
The last and most exacting phase of many battles is actual hand-to-hand combat, in which men are pitted one against the other with little more than their natural weapons with which to fight. Usually this combat will be of such nature that arms such as bayonets, knives, or other small weapons can be used. However, there is every possibility that at times the American Soldier will be called upon to fight with his bare hands. This is especially true of Artillerymen in combat positions, whose duties are such that it is inconvenient to keep the smaller weapons, such as the rifle, close at hand. Too often, when there is need for it, the rifle will be lying against a fence or an embankment. Ambushing parties or advanced enemy scouts may catch Antiaircraft Artillerymen unarmed at any time, particularly in forward areas. Without a knowledge of the many uses of their natural weapons and the methods of unarmed fighting, they may be unable to save their lives, their equipment or their objectives. This is one of the primary reasons why every soldier should be a skillful fighter in hand-to-hand combat. There are other reasons which are also important. The man who has developed his ability to fight with his hands will be better coordinated, physically and mentally. His mind will be keener, his muscles stronger, and his body tougher because of the hours he spent learning to save his life.

You are encouraged to think of hand-to-hand combat as "Dirty Fighting" rather than as "Judo" or "Jiu Jitsu." For years "Jiu Jitsu", the Japanese science of self-defense, has been cloaked with mystery. It has been regarded as a somewhat miraculous power which renders opponents completely defenseless with a simple flick of the wrist. As long as there was mystery and lack of general knowledge about the science, this was to a degree true. Their secret was in the element of surprise. The expert at "Jiu Jitsu" would not fight the way his opponent expected him to. Because of this he achieved superiority at first and never relinquished it. Now that we know more about the science of "Jiu Jitsu" we are able to debunk it. We find that it isn't as mean as we thought it was and that it employs a group of basic principles which are common to our body contact sports. There is, however, one oriental slant which we must adopt in addition to these basic principles that we already have. This is a ruthless disregard for the other man. The biggest problem in teaching Americans to fight is not showing them how to do, but <u>making</u> them do it. It is natural and instinctive with the young men of our country to fight

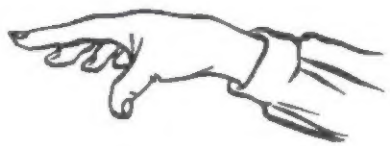
honestly and fairly. The fair play ideal has been bred into us. We have learned to obey the rules and keep the game clean. All this must be forgotten. There are no fouls on the battle field. The Japanese and Germans don't fight clean and neither will we. The referee won't be there. The Marquis of Queensbury and his elegant set of rules don't count any more. What does count, is killing the other fellow before he kills you. Don't think that decency on your part will bring out the finer instincts in the enemy. He will kick you in the testicles--if you don't kick him first. He will gouge your eyes out, bite your windpipe, throw dirt in your face, unless you beat him to it. "Dirty Fighting" is more than "Jiu Jitsu" or boxing, or wrestling. There are several instances of boxers beating expert "Judo" men, and hundreds of cases where wrestlers have done so. But always there were rules which both opponents followed. We must be more sure of victory. We must rely not on any one method of fighting but on all of them. Our "Dirty Fighting" is part "Jiu Jitsu", part wrestling, part boxing, and part bare-knuckle street fighting, with no holds barred.

We can divide our subject into two main parts. We are mainly interested in killing the enemy. This can be done most effectively by delivering blows, hard blows, to vulnerable parts of the opponent's body. Unfortunately most of these vulnerable parts are well protected by nature, or difficult to hit because they are small. While your opponent is on his feet and able to move quickly to defend himself, these blows will not usually be effective. It is necessary to get your opponent in position such that he cannot defend himself. This, then, is the first part of our subject, "Getting your opponent down where you can hit him." This is the more difficult part to learn--and to teach. It doesn't take hours of practice to learn to kick a man in the face but it does take practice before you will be able to get his face down where you can kick it.

There are several important things to bear in mind as you learn to fight with your hands. You must realize that you are dealing with forces which will cause death, broken bones, or severe injury to the man with whom you are practicing. Don't fight with him! You must practice if you expect to learn. Be careful that you don't waste some of your killing ability on a friend. Save it for the enemy. Don't expect your holds and tricks to work perfectly the first time you try them. They will not! It takes hours of working before you can be sure of what you are doing. Your mind may know what to do, but if your muscles don't, it takes too long to think of it and put it into action. Every move must be instinctive before you can trust yourself to meet the onslaught of an enemy. Hours of practice may seem dull, but surely saving your life is worth a little dullness. The element of surprise is one of the most important factors of "Dirty Fighting." Remember that as you practice. Your practice partner, knowing exactly what you are planning to do, may not be overcome by a hold which would probably upset an unsuspecting enemy.


YOU MUST BE TOUGH,
MEAN, AND VICIOUS OR YOU
WILL GET KILLED

THROW DIRT OR ROCKS
IN HIS FACE



GOUGE OUT
HIS EYES

KICK HIM IN
THE FACE

If you are an expert boxer or wrestler, or if you have had bar-room brawl experience, you may be quite able to defend yourself against all comers. If you are not, you have much to learn. "Dirty Fighting" is not too difficult to learn if you have the patience to stay with it. Most of you, because you have participated in athletics, have the necessary muscular ability to learn quickly. It is frankly admitted that there are many holds, tricks, and blows that are not included in this text. It is believed that too much instruction will confuse you. A few fundamentals, well learned and skillfully used are better than a sketchy knowledge of the entire field of hand-to-hand combat.

The purpose of this course is to teach principles rather than specific methods. It won't concern itself with too many special cases, but only with a few that illustrate the broad principles involved. There will be no stress put on finesse. The main object of "Dirty Fighting" is to knock hell out of the other guy--and quick.

This text will not try to describe the details of too many tricks and their execution. Most such descriptions are confusing at best. You will be shown practical methods and principles of throwing your opponent. You will also be shown how to break all of his best bones and how to paralyze or kill him with a minimum number of blows. In the text you will find discussions of only the parts of the course that could be learned in the classroom. Again your ability as a "Dirty Fighter" will depend largely on the amount of practice you put into it. Being <u>able</u> to throw a man over your shoulder is a lot different from <u>knowing</u> how to do it. Practice until every move is natural. You won't have time to stop and think when the pressure is on. This course will show you how to win a fight, but the rest is up to you.

YOUR NATURAL WEAPONS

Most men are in the dark about the natural weapons given to them by nature. They are even more in the dark about the uses to which they can be put. Study the list of these weapons. Each can be used with great effectiveness.

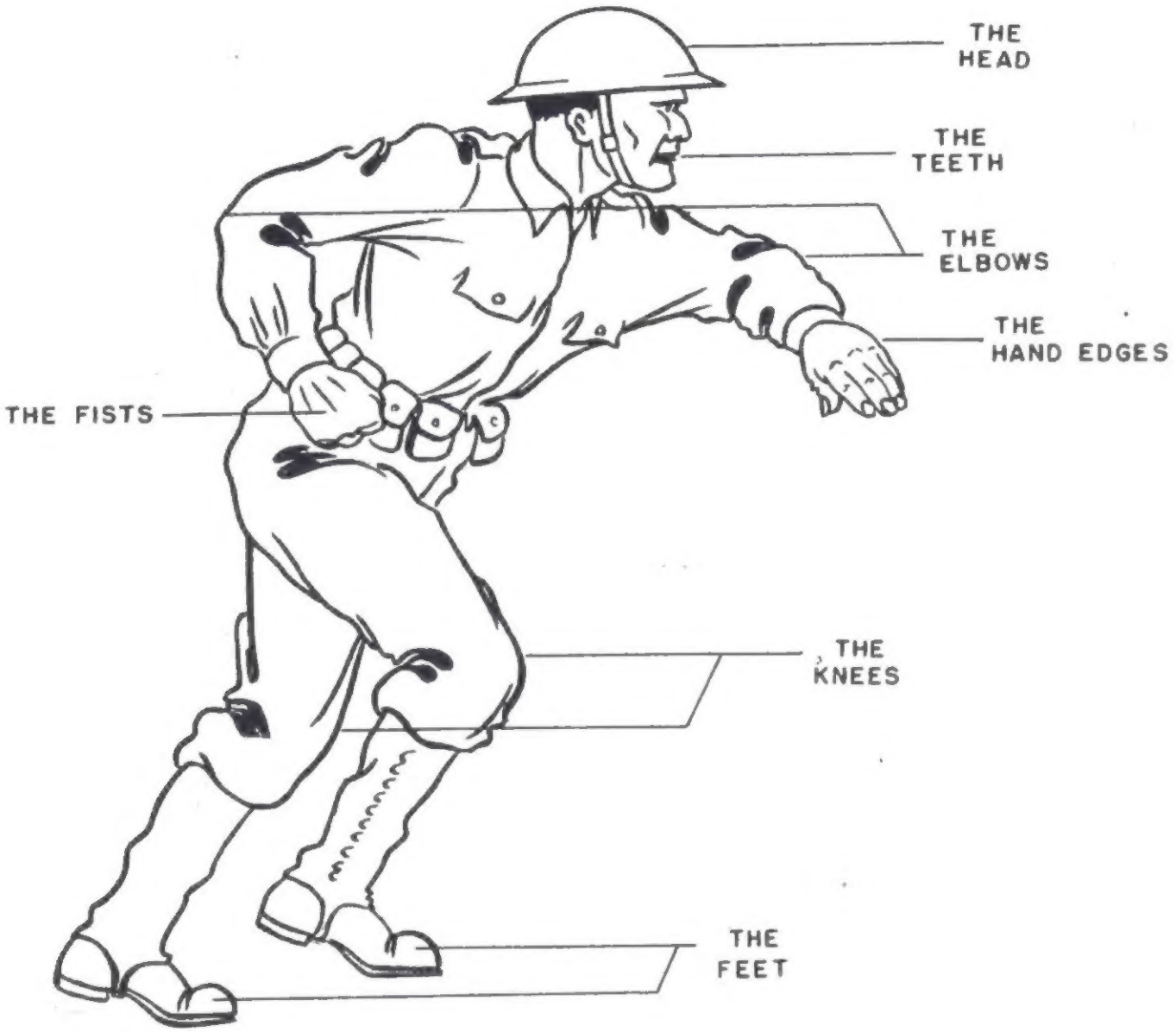
1. YOUR HEAD. This is your battering ram. It is harder than any other part of your body, but, unfortunately, it is also more sensitive. Therefore, it should be used only against soft areas not protected by bone structure, such as your opponent's stomach or the small part of his back. If your head is covered by a helmet or heavy cap, however, you can use it to do a beautiful job of beefsteaking his face.

2. YOUR TEETH. Don't let squeamishness make you deny yourself the use of the powerful vice formed by your jaws and teeth. No man will stand still while teeth are clamping down on his flesh. Use your teeth whenever you see a tempting morsel such as an arm, ear, wrist, finger, or windpipe. Bite hard and deep. You can spit out the pieces later, and your opponent probably won't need them if you work hard to finish him off.

3. YOUR ELBOWS. When your arm is doubled up, the elbow is a powerful pointed stub that can deliver a terrific blow. Its range, however, is limited and depends on the position of your body. Drive it into your opponent's stomach if he is standing behind you. Swing it broadside against his jaw or neck if he is in front of you. If he is on the ground, poor fellow, smash it into any soft part of his body. Generally speaking, use your elbows when you are too close to your opponent to swing your fist, hands, or feet.

4. YOUR KNEES. Your knees have uses similar to those of your elbows. They are more powerful, yet at the same time their uses are even more limited by the position of your body. When you are fighting close in to your opponent, your knees can work on the lower parts of his body while your elbows attack the upper parts. Drive one of them into his testicles or abdomen, if your opponent is facing you. This is guaranteed to hurt. If you are behind him, drive your knee into the small part of his back as you jerk him to the rear. If your opponent is bent over as he comes in, raise a knee with force into his chin or face.

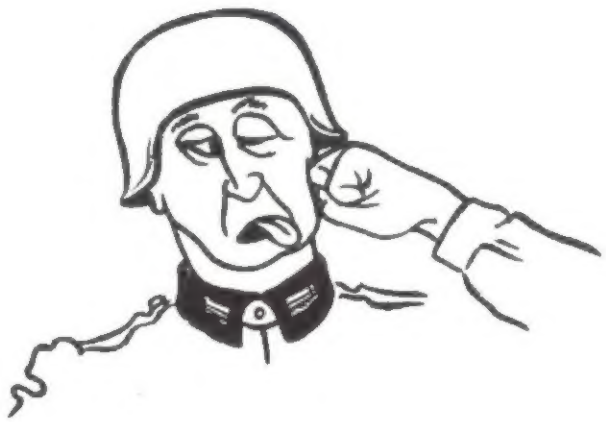
5. YOUR FEET. Your feet, particularly with heavy shoes, are big guns. If your opponent is standing, use them only for the lower parts of his body. Never swing one of your feet high enough for him to take it with his hands. If you do, you lose. If he is standing close to you, bring your heel down on his foot at the instep--hard. Rake his shin from knee to ankle with the outside of your shoe sole. Never hesitate to swing the toe of your shoe into his testicles with all your force. Pay

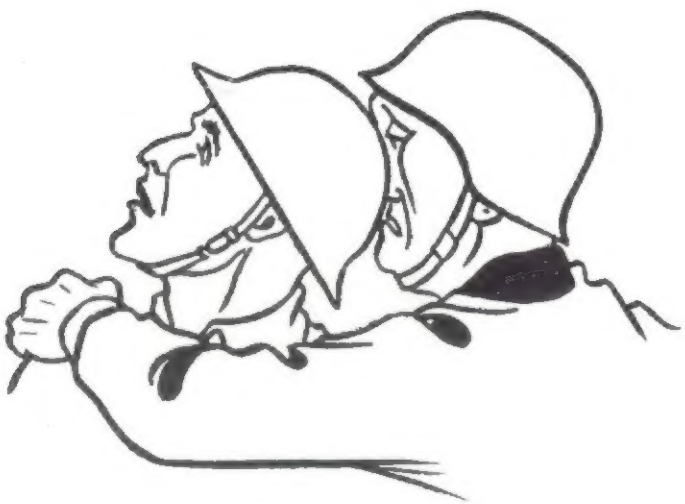


YOUR NATURAL WEAPONS ...

USING THE HEEL OF THE HAND TO BREAK AN OPPONENT'S JAW

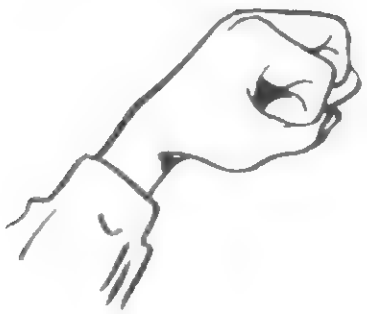
USING THE KNUCKLE TO HIT THE SENSITIVE POINT ON AN OPPONENT'S UPPER JAW

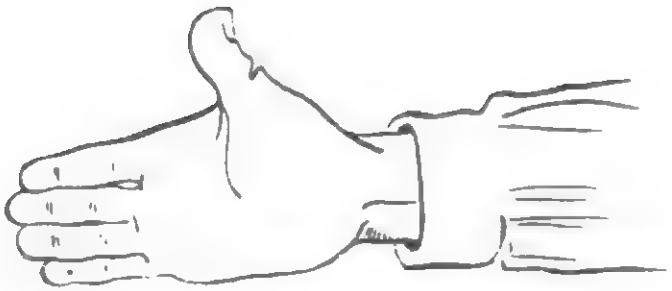




USING THE HEAD TO SMASH THE FACE OF AN OPPONENT WHO HAS ATTACKED FROM THE REAR

THE KNUCKLE



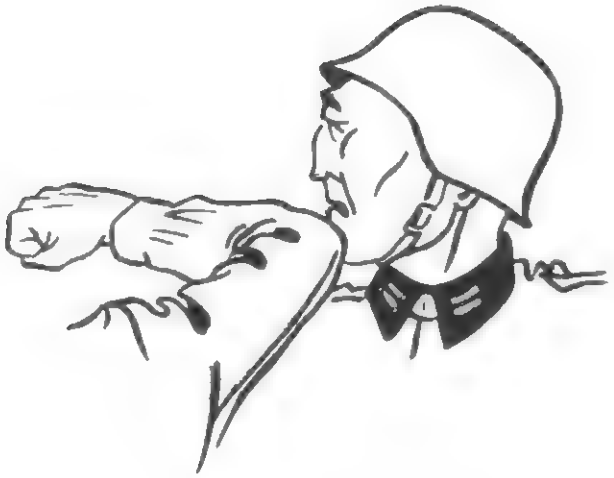


THE EDGE OF THE HAND

THE HEEL OF THE HAND

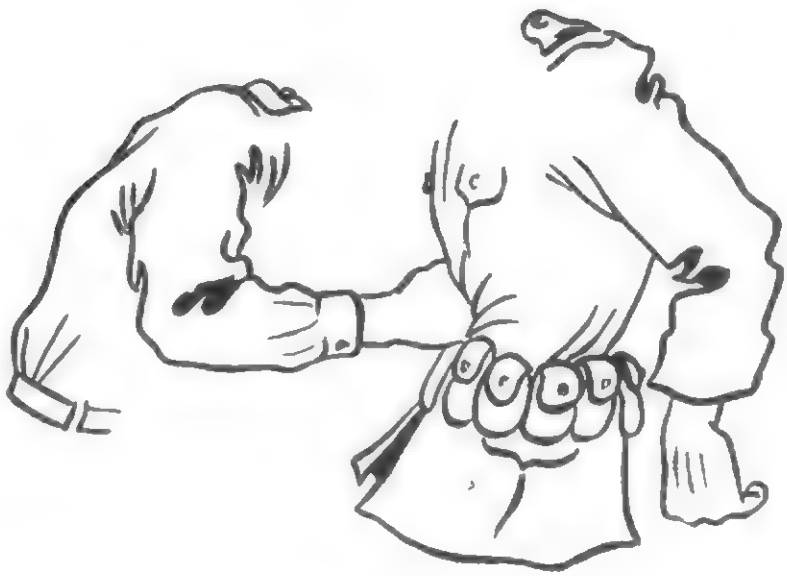
THE FIST

USING THE
EDGE OF THE HAND



USING THE ELBOW TO
STRIKE AN OPPONENT'S
CHIN AT CLOSE RANGE

DRIVING THE FIST
INTO AN OPPONENT'S
STOMACH



USING THE OUTSIDE OF
THE SHOE SOLE TO RAKE
AN OPPONENT'S SHIN OR
CRUSH HIS INSTEP.

particular attention to this. It's one of your best methods of attack. Swing your shoe into the side of his head when you get him on the ground, and you'll be ready for another victim.

6. YOUR HANDS. These are by far your most useful weapons. Unlike the other parts of your body, they can assume a variety of different shapes. Each of these shapes is important, because each is used for a special purpose.

a. Your Fist. Most Americans know something about using their fists. Any man who is really good at boxing need not worry too much about the majority of the assailants he may meet. You men, however, who don't know how to box will find that the methods used in "Dirty Fighting" are a very effective substitute which in most cases will give you a distinct advantage over even the best of boxers. Your fist, as a weapon, has one big shortcoming. It does not concentrate the force of your blows enough for the result you want. While almost any part of the human body will collapse if it is struck enough times with a hard hitting fist, only a few parts can be seriously hurt by one blow from the average man. Therefore, limit the areas to be struck with your fist to big soft spots like the stomach and kidney regions. Do not waste valuable time and energy raining fist blows on bones and muscles.

b. Your Knuckles. To avoid confusion, the word "Knuckle" as used in this text will always mean the second knuckle of the second finger, protruding from the front of the doubled up fist. Use your knuckles to strike the sensitive points on the head and face of your opponent. Dame Nature has surrounded each of these sensitive points with bony structure. They are so small that only the knuckles will reach them. Be sure your knuckle blows are delivered sharply with real accuracy, because concentration rather than force does the dirty work. Don't strike these blows while your opponent is on his feet and able to dodge away. Use them as finishing touches after he is on the ground and well softened up.

c. The Edges of Your Hands. These are your heavy duty weapons. With them you can chop and slice your opponent into submission. Use only the bottom edge of either hand, with your fingers extended and joined. Start your blows with your elbow bent. Swing your arm from the shoulder, outward or downward, straightening your elbow as the blow is finished. Keep your wrist flat and rigid at all times. Practice until you can strike any point with force. These blows will break wrists and even forearms. A good hard one will break a man's neck, choke him to death, or paralyze his body, depending on where it hits. For extra strength in your hand, keep your thumb up. This will protect your hand from injury.

d. The Heels of Your Hands. You will use the heel of one of your hands primarily to strike your opponent's jaw or chin. The blows should always be delivered upward and slightly from one side. They are very solid blows, because the force follows a straight line from your elbow to the point of impact. There is a good healthy feeling to one of these, but your opponent won't like the sound of his jaw as it breaks.

e. Your Thumbs and Fingers. These valuable members have many uses. Because they are easily broken, they are rarely used as striking weapons. They will, however, be used to exert most of the pressures on certain sensitive points. Use them also to gouge, bend, grip, and hold various parts of your opponent's body. There is a lot of nuisance value in a thumb which has found a convenient eye, and you can break most hand grips by wrenching a finger in the wrong direction.

f. General Uses of the Hands. The many uses of your hands as levers, and as aids to other phases of "Dirty Fighting" will be explained in the demonstrations of these phases. Your hands in most cases guide and force the motion of your opponent. You will also find that the first knuckle of each of your thumbs has a great amount of stored up hurting power in it. While you probably won't be able to kill or maim anyone with it, you will be able to make openings by using it for pressure that will add a few points to your bone breaking score. Always use your thumb knuckles in opposition to your other fingers to make a vise for pressure on such points as the back of your opponent's hands, his tender neck and shoulder muscles, and his wrists.

THE SENSITIVE PARTS OF THE BODY

There are many points and areas on the human body which are more or less tender, and therefore vulnerable to attack. Some of these are sensitive because they are nerve centers, some because they are not protected by bone structure, and some because the surrounding bones themselves are easily broken. Of all the many such spots, only a few can be attacked with any marked results by the methods of "Dirty Fighting." With the weapons at your disposal in unarmed combat, you would only be wasting time if you devoted attention to most of them. There are, however, more than a dozen such tender places that you can attack successfully, because they are easy to reach and not too well protected. The points toward which most of our attention will be directed are the back of the neck, the eyes, the throat, the stomach, the kidneys, and the testicles. The other vulnerable points are also important, but they don't give results quite as gratifying. You should learn the exact location of each of these, and practice striking them until you can be sure that your blows will not be spent on the wrong places.

1. THE TEMPLES. Place the ends of your thumbs at your temples; with a firm steady pressure, move your hands until you find a spot on each side of your head that seems softer and more sensitive than any other. These are the points that you will strike at the temples. Use your knuckles, and since it doesn't pay to miss, be sure that you have a good target. Strike when your opponent is on the ground and unable to avoid the blow. These blows, if properly delivered, can and will cause death.

2. THE BRIDGE OF THE NOSE. This sensitive spot is located at the point covered by the bridge of a pair of glasses. It should be struck horizontally with the edge of your hand. Use all the force you have and that particular fight will probably be over. As with all of the blows to sensitive points on the face and upper part of the head, your target should be stationary.

3. THE BASE OF THE NOSE. Place your index finger on each side of your nose at the points where the nostrils join the face. With firm pressure, slightly upward, probe until you find the places that hurt most. Hit your opponent there with a knuckle if you want to get rid of him for a very long time.

4. THE UPPER JAW. Put the tips of two fingers just in front of the lowest part of your ears. Push in as you hunt for soft spots; when you find them, stop pushing and save your strength for the other fellow. With your knuckles, you can knock him out with one hard blow to either of these points.

5. THE MASTOID AREA. These are pressure points. You can't hit them so well, because they are heavily protected, but you can use them as

pressure areas when a man is trying to strangle you. Jab your index fingers upward just behind your ear lobes. After your nerves settle down, you will realize the value of these two points.

6. THE BASE OF THE SKULL. This is the old Rabbit Punch, and it's legal in our league. Hit the area on the back of your opponent's neck just below the base of the skull. Use the edge of your hand and plenty of force.

7. THE ADAM'S APPLE. Mark this sensitive point down in your little book. One connection here with the edge of your hand and the home team wins by a landslide. You can use this blow at almost any time, so don't overlook it. It is easier to deliver, and it does more damage in a hurry than any of the other hand blows. In other words, it's a natural.

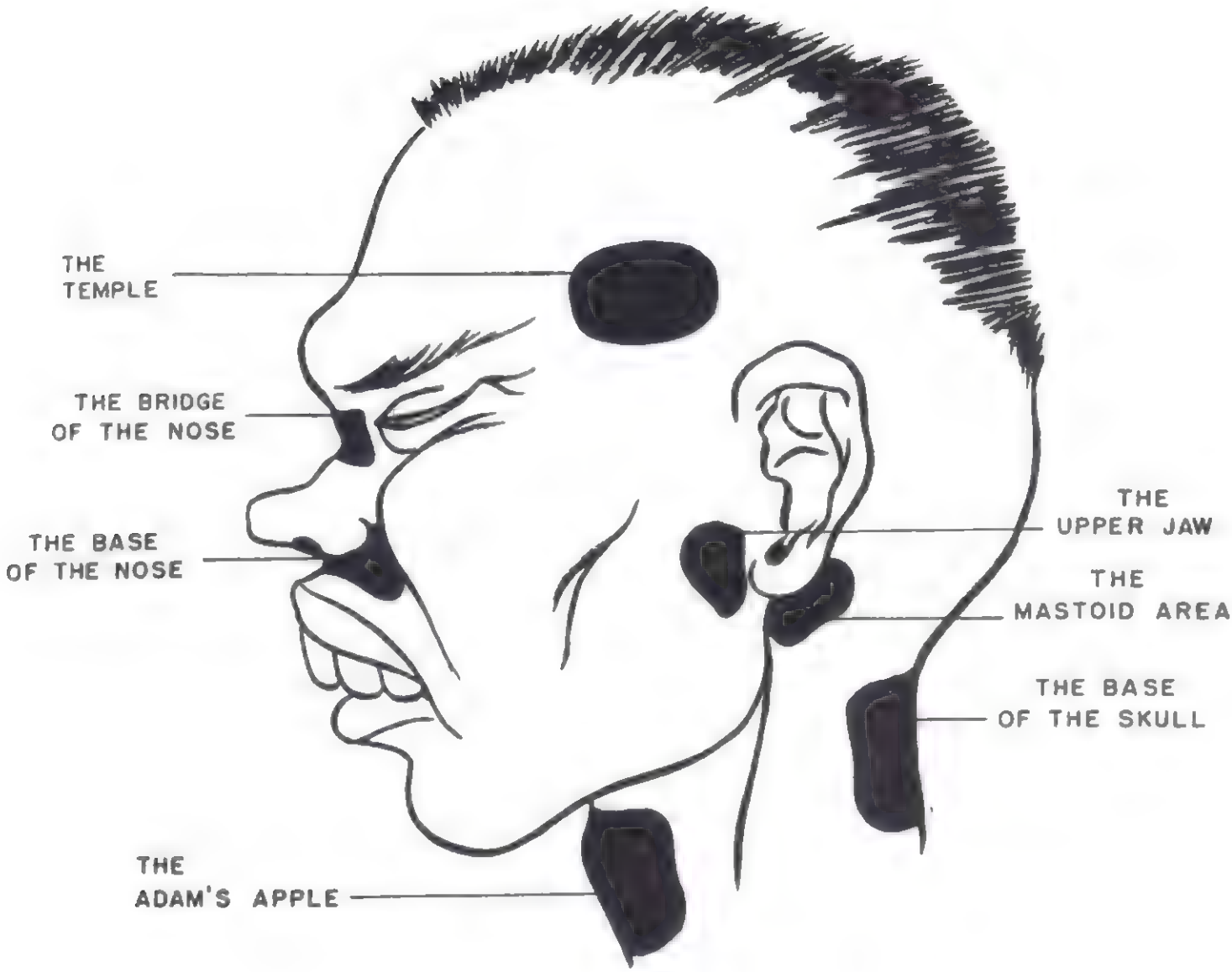
8. THE STOMACH. Everybody hurts here. The stomach is a big target, and you can hit it easily with your fist. The whole abdominal area is very sensitive, so you can also drive into it with your head. It is also a good spot for a well placed knee. Don't forget that a good solid punch to the breadbasket will help you out in a pinch.

9. THE KIDNEYS. When you hit a man in the kidneys, catch him unless you want him to hurt himself when he falls. These two sensitive spots are just above the hips on each side of the spine, in the softest part of the small of the back. They aren't the easiest places on the body to hit, however, and unless you are careful you will waste blows on the hip bones or the heavy muscles higher on the back. Use a horizontal blow with the edge of your hand.

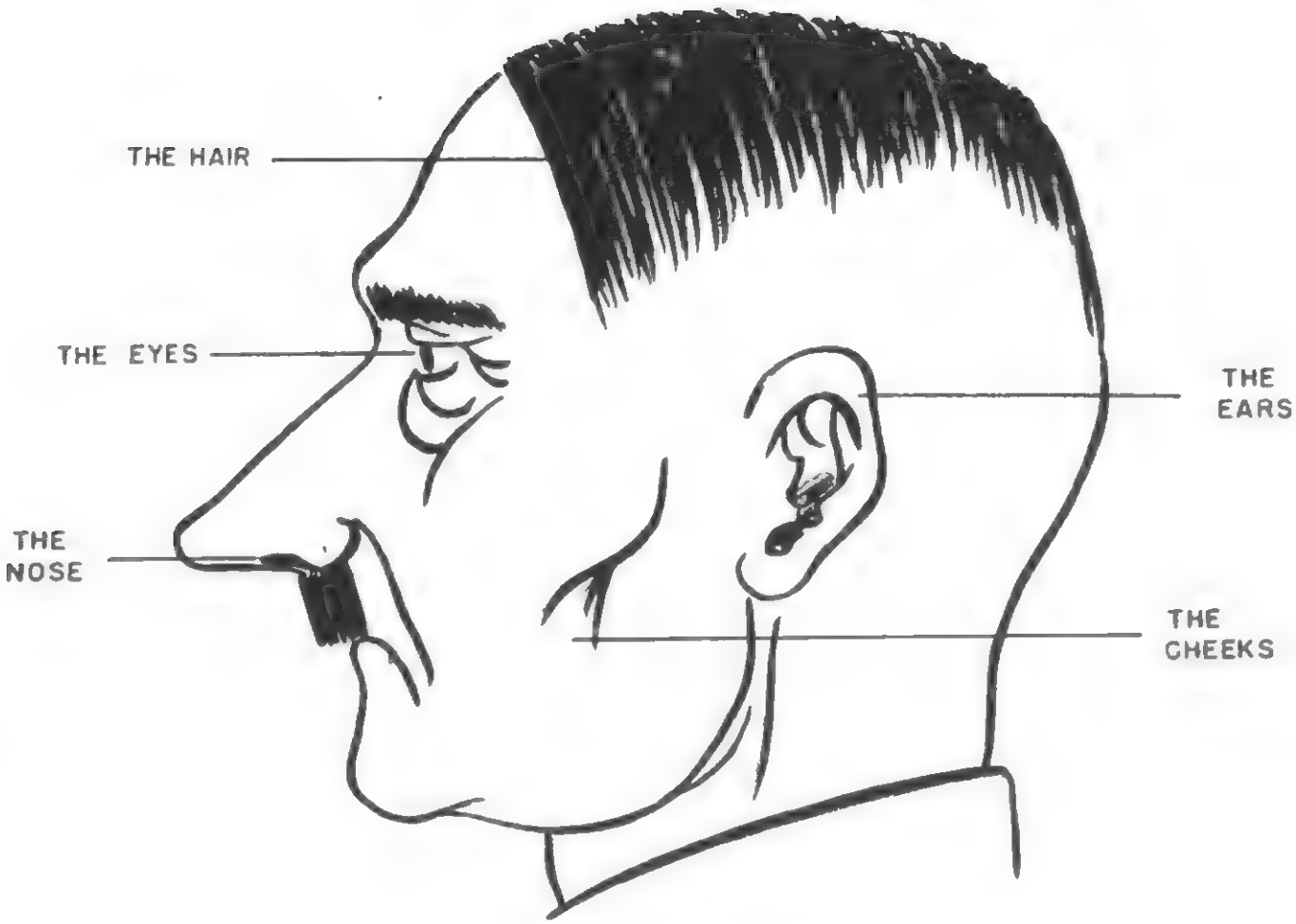
10. THE TESTICLES. You will have to get used to hitting a man here. Don't fail to do so, because you can stop him quicker with a hard blow to the testicles than you can with any other blow. Use your foot, your knee, your fist, or the edge of your hand for the best results. If it sounds like "too dirty" fighting, remember that you will probably be fighting for your life.

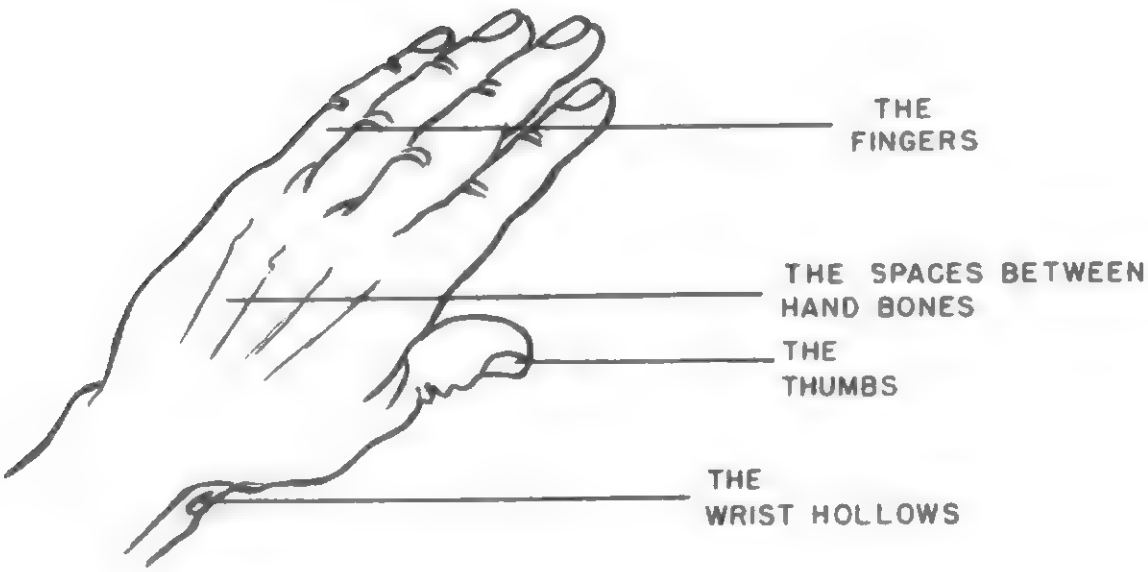
11. THE BONE JOINTS. Your body is able to move because of many bone joints or connections, each of which is a delicate mechanism, easily damaged. Don't make the mistake of thinking that you can hurt these joints without any effort, however. The trick is in knowing how to do it. These joints in which we are interested are the neck, shoulders, elbows, wrists, fingers, hips, knees, ankles, and toes. The same general principle can be used to break them all. Force the bones in the directions they aren't supposed to go. You will either break them or force them out of their sockets. You will be shown the application of this principle as well as when to use it.

12. SENSITIVE BONES. Quite a few bones of the human body are sensitive to blows or pressure because they don't have much protecting



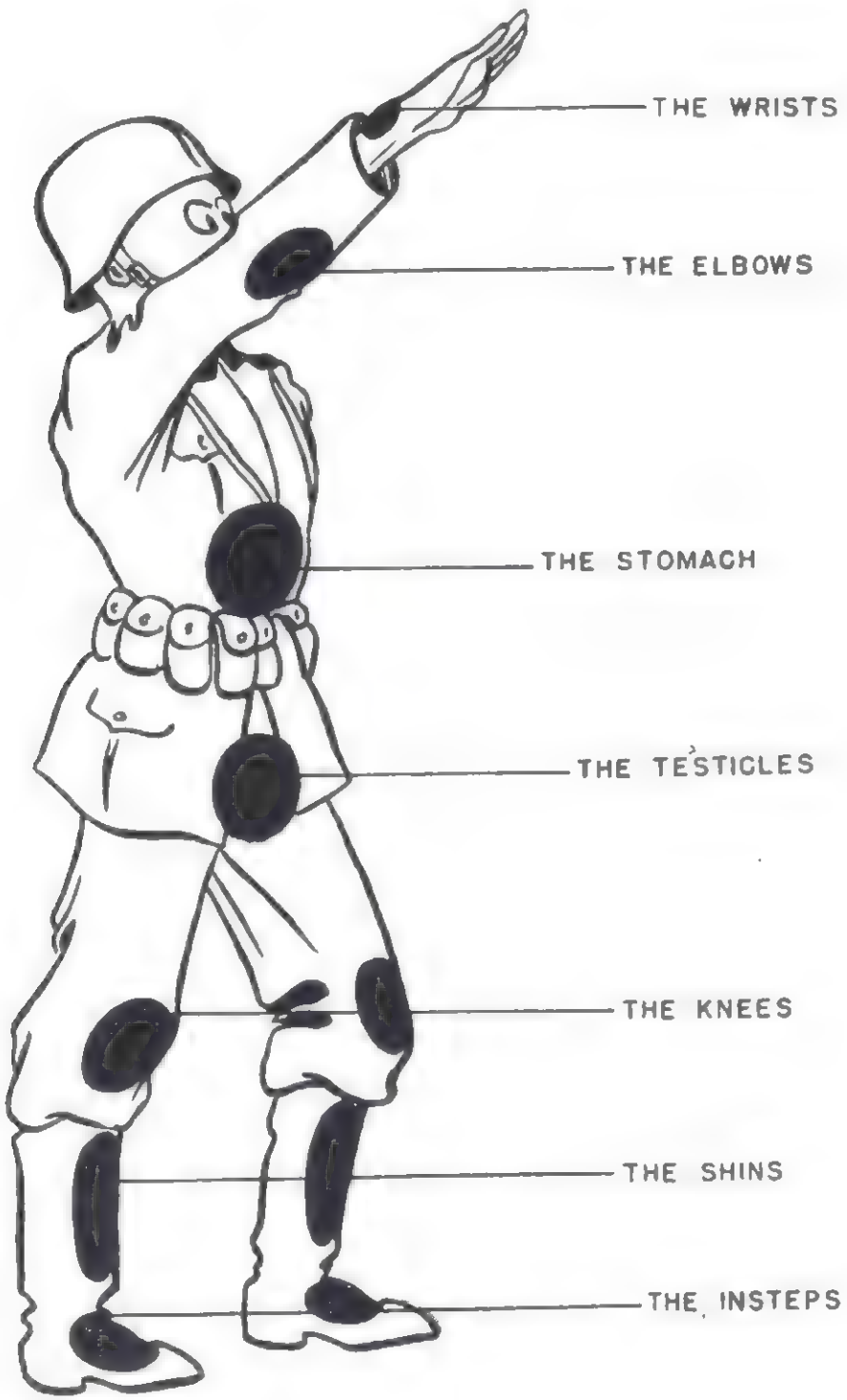
THE SENSITIVE POINTS ON THE HEAD AND NECK...

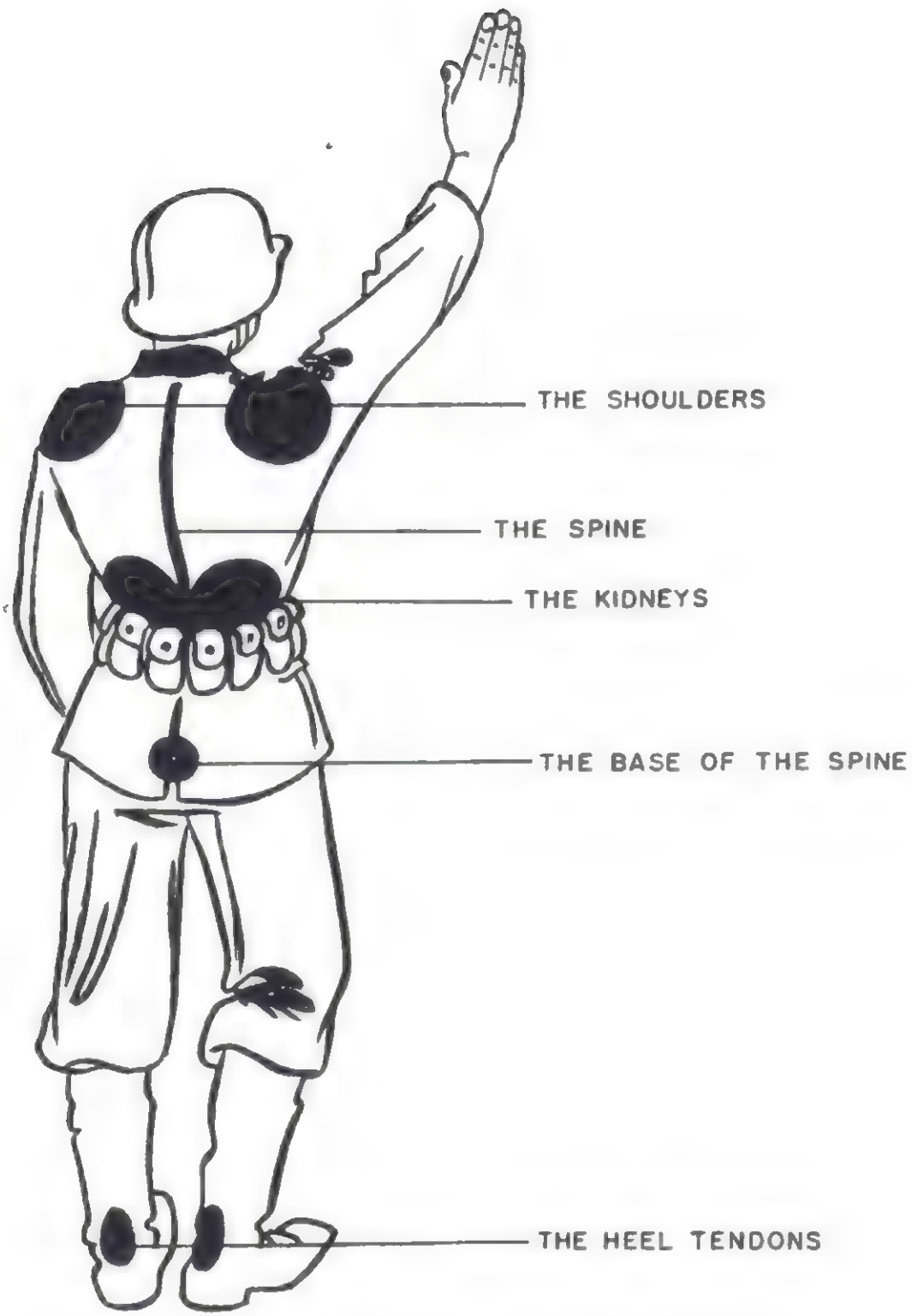




THE NUISANCE POINTS ...

THE SENSITIVE POINTS ON THE FRONT OF THE BODY...





THE SENSITIVE POINTS ON THE BACK OF THE BODY ...

flesh on them. For example, you can start an opponent to jumping by raking his shin with your shoe sole. His collarbone can be broken with a hard downward blow from the edge of your hand. You can cause a lot of pain by forcing the first knuckle of your thumb between two of the four bones in the back of his hands, or into the hollow spot where the base of his thumb joins his wrist. Don't count on these little tricks to knock your opponent out. They should only be used to force openings or to make him release a grip.

13. MISCELLANEOUS TENDER SPOTS. For various reasons Dame Nature has left a number of unprotected spots and areas on the human body. Most of these can be hurt locally if they are pulled, or twisted in the correct manner. You will find that a knowledge of their exact location will be a big help to you in turning or otherwise moving an uncooperative opponent. Pull his hair in the direction it doesn't grow; tear the bottom of his nose; get a finger inside one of his cheeks and pull to one side; stick your fingers into his eyes. Grip the thick muscles that extend from his neck to his shoulders and put on the pressure; do the same thing with the tendons that run across from his breast muscles to his arms; kick or bite the tendon that extends from his heel up the back of his leg to his calf. You will be surprised at the action you will get from working on these "Nuisance Points."

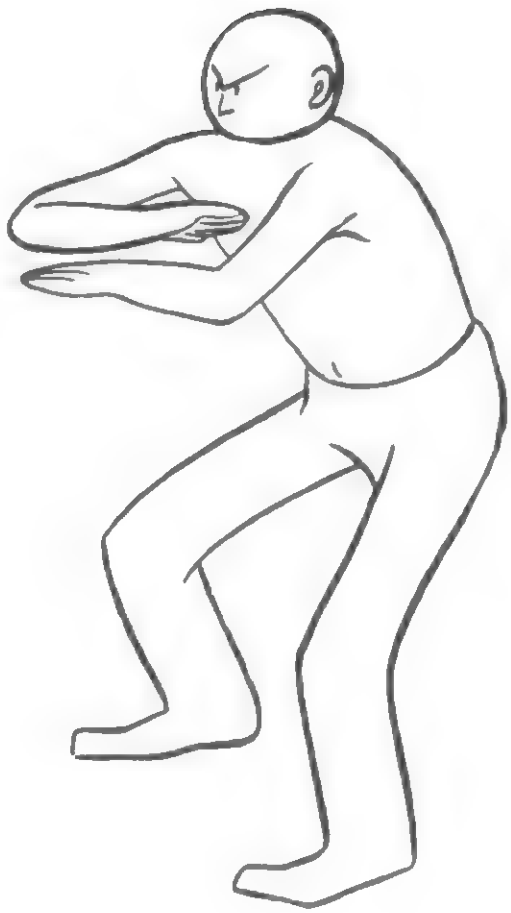
Now that you have read and studied a list of the parts of your opponent's body that are vulnerable, you must learn to hit them with unerring accuracy. You must also be on the alert for opportunities to hit them. Remember that your opponent is most defenseless when he is falling or on the ground. Learn to make him fall. Don't waste any time before you follow him with blows that will end the fight then and there.

THROWING YOUR OPPONENT

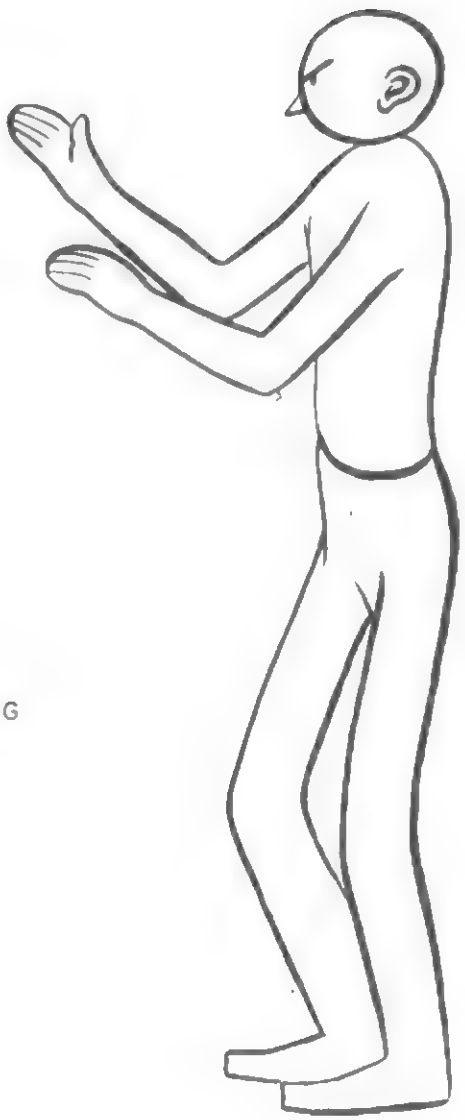
There are two very good reasons for throwing your opponent. The first and most important is, as we have already stated, to get him in a vulnerable position. It is important to make him unable to defend himself or to fight back. During the time when he is off balance and falling, he can do neither. Thus, it is easy to deliver a blow, or a series of blows, which will kill him. The secondary reason, is injuring him as he falls. There is the probability that a correctly applied throw will not only break some of his bones, but will also shock and stun him so that a few seconds are gained in which the final blows may be delivered. Then you can kick his teeth in.

If you are seven feet tall and a combination of Hercules, Tarzan, and Sampson, you need not be concerned with scientific methods of throwing a man to the ground. You can simply pick him up and throw him out of the battle. If, however, you are an ordinary person, of normal physical ability, you must know how to throw him scientifically, or you won't be able to throw him at all. You will use most of your strength and energy in accomplishing the preliminary part of your attack, leaving nothing for the final killing blows. There are five fundamental principles to be used in order to get your opponent at your mercy. Some of them are used all the time, and some only for special situations. It is difficult to say when you stop using one and start using another. Frequently only a split second will divide these uses. We do not consider strength and speed basic principles, because these two things are the result of knowledge, confidence, and practice. A strong man is so, because he knows how to use his muscles. A man who has specialized this use into very narrow channels may be strong in doing one thing and weak in doing others. We are interested in power through the use of all muscles at the right time and in the right direction. Thus, we come to the first of our principles: Use your stomach. The abdominal muscles are the most powerful in the body. They are also the muscles which tie together and coordinate the rest of the body. No single muscle in your body is powerful enough to lift an opponent. All of them together, however, will do it easily. When you use your arms or your hands and do not use your stomach muscles, your shoulders do most of the work. Keep your body crouched and your elbows well into your sides, and all of your muscles will work as a unit. Legs, stomach, chest, back, shoulders, and arms move as a single muscle giving you the concentrated strength necessary to lift your opponent.

The second of our basic principles is Balance. As long as your body is well balanced, you can take advantage of your entire strength. You must not only learn to control your own body, but that of your opponent. Keep him off balance; keep him struggling for a sure footing; never give him an opportunity to get set. This can be most easily done by developing a good fighting stance, with your feet well apart, body



GOOD FIGHTING POSITION
ARMS READY TO PARRY
BODY CROUCHED AND
WELL BALANCED.



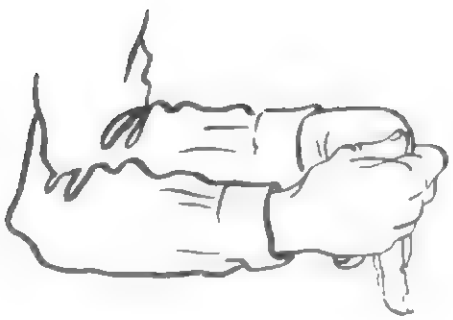
BAD FIGHTING
POSITION

HURT YOUR ENEMY

BEND HAND AND
FINGERS BACK

WRIST THROWS
WILL HURT

BEND THUMB
BACK AND TWIST
HAND



WRIST PRESSURE

crouched, knees bent slightly so that you can change positions easily. Learn to fall and roll without getting hurt. Practice until you can change positions while on your feet, and until you know exactly where you are, during any kind of a fall. Be sure of yourself! Lock hands and arms with your partner and struggle with him until you can maintain your balance under all conditions. At the same time, try to develop an ability to pull your partner off balance. Try to make him unsteady on his feet and in such positions that he cannot try to throw you down. Learn to give away when he is pushing toward you. Learn to feint with a sharp thrust in one direction when you plan to move in another.

Of all the fundamental principles, one of the most important is Momentum. Do not try to buck the laws of Physics. When your opponent is moving in one direction, don't try to stop him and throw him back in another. Keep him moving! You will find that it is much easier to let him throw himself than it is to do all the work against his strength. There are two kinds of momentum as we consider it in "Dirty Fighting." The first is created entirely by your opponent as he rushes toward you or swings at you. The second is potential momentum. A pressure in your direction which you can resist momentarily, will build up a greater tendency to move in that direction. When you suddenly release and give way before that pressure, your opponent will begin to move in the direction he was pushing. Learn to take advantage of it and throw him quickly.

The use of Pain as a means of throwing, depends largely on knowing where your opponent can be hurt. If you put some part of his body in intense pain, which will increase if he does not move, you will be able to force him with little trouble. Learn to attack the parts of his body which are easily hurt. Never pit your maximum strength against his maximum strength. Always try to get his weakest points against your strongest. The use of pain is best illustrated by such throws as the wrist, the finger twists, where you are able to apply a great pressure to some easily broken part of your opponent's body.

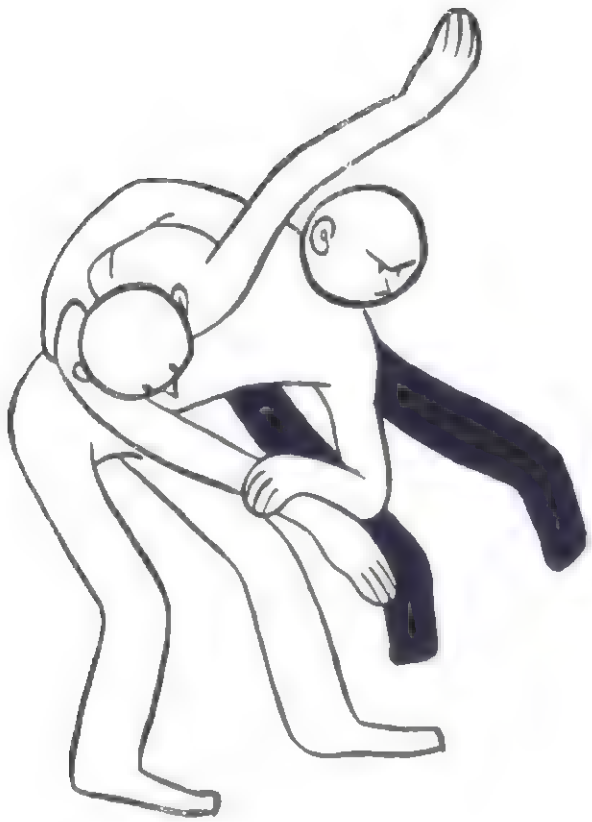
The last and most intangible of the basic principles is Deception. It is nothing more than fooling the other guy. The smart boxer uses deception when he feints to pull his opponent's guard down. The smart football player and the good wrestler are both experts in using deception. It may be such a small part of your action that, even to you, it seems unimportant, but it is during the split seconds of indecision on the part of an enemy that we are able to "Give Him the Works." Deception is a part of that most important element of any attack, whether it be by an individual or an army--the element of surprise. Never, under any circumstances, do what your opponent expects you to do. Learn to keep him guessing.

METHODS OF THROWING

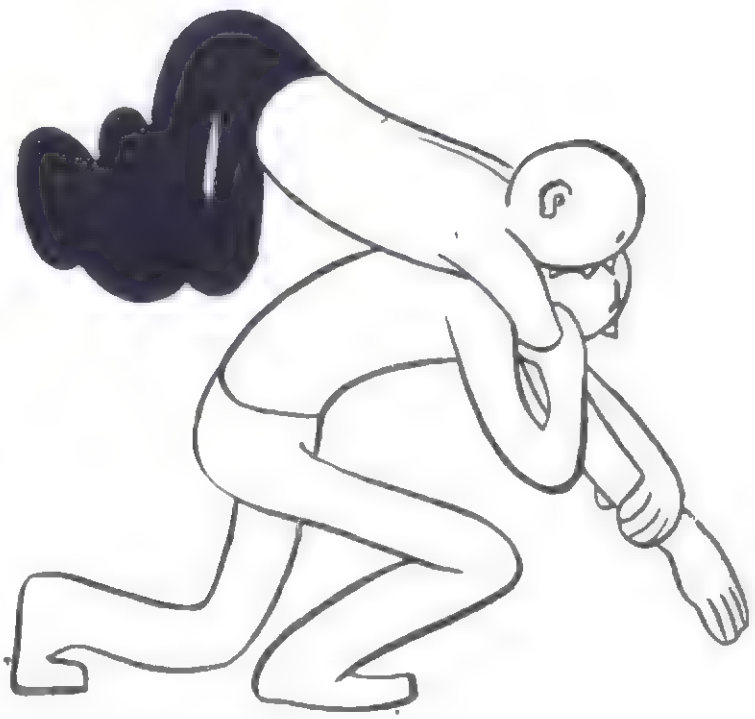
No attempt will be made to describe or even include all of the hundreds of ways to throw an opponent. Most of them are simply variations of a few simple tricks. A thorough knowledge and ability to perform these fundamental throws will soon develop in you the ability to adapt them to all situations. This text will not attempt to reproduce or anticipate every possible fight situation that might come up. The most important thing is being able to fight well and with coolness, under all conditions. You must learn to make the fight go your way and not the way your enemy wants it to go. By using the basic principles of throwing, you will be able to keep him from creating situations with which you are not familiar. Before you attempt to throw an opponent, you must be able to judge the type of attack he is trying to make and present a defense which will thwart that attack and put him on the defensive. When this has been done, the fight is yours. The following methods or tricks are described to give you a foundation upon which to develop others. You need not know them all. It is better to select a few things which suit you and which you like. Then practice them until you know every move, quickly and surely.

1. The Hip Throws. The Hip Throws when reduced to mechanical principles are very much like see-saws or levers. No attempt is made to lift your opponent. Instead, you balance his body across your hip, using it as a fulcrum to execute a simple throw, following these directions. Grasp your opponent's right wrist with your left hand. Place your right arm under his left armpit, pushing it as far under as you can, and reach across his back; pivot on your left foot toward the left so your feet are directly in front of his feet and pointing in the same direction. Keep your body crouched forward during this entire process. Pull sharply down on his right wrist as you throw your hips back toward his stomach. Bend sharply forward using your right arm to force him over your hip. By pulling harder on his right arm you will throw him to the ground head first. A hip throw may be used from any position. You may step behind your opponent and pull him backward over your hip. The important thing is getting your hip under the center of his body as you attempt to pull his head downward to the ground.

2. The Shoulder Throws. The shoulder throws work on the principle of a capstan or a drum. Pull your opponent's arm over your right shoulder so that his arm-pit is over your shoulder point. Grip it tightly above the elbow. Your back is now toward him. Lean forward and you will be able to lift him on your back. Do so rapidly, stepping forward at the same time and place your elbows down between your knees. Your opponent will fly over your head and land in a heap of broken bones. The rest is easy. This method of throwing is especially effective against an opponent who has reached around your neck from behind. Again remember to use your stomach. Keep your body crouched forward during the entire procedure. Don't lose the power of your stomach muscles by bending backward.



THE HIP THROW



THE SHOULDER THROW

WRIST THROW
USING INSIDE HAND

WRIST THROW
USING OUTSIDE HAND

3. The Wrist Throws. The wrist throws, like most of the other throws may be compared to mechanical processes. They are similar to the action of a steering wheel. Catch your opponent's hand, palm up, so that both of your thumbs are in the middle of the back of his hand. The fingers should be together in the palm of his hand. Bend it up and back at the wrist toward his body. Pull slightly so that his elbow remains straight. Twist the hand sharply to the left or to the right and your opponent will go to the ground. The wrist throws may be used whenever an opponent has taken hold of you at the throat or shoulder or has pushed with his hands from the front.

4. The Trip-Kick. The principle of the trip-kick is so simple that even a child can learn it. It is simply knocking the props out from under something to make it fall. In the case of an enemy; pull, push, or snatch his body so that all of his weight is on one leg. Then kick that leg out from under him. To execute a trip-kick, follow these directions. Place your left hand on your partners upper arm. Put your right hand under his jaw. Push up with your right hand and pull down with your left. This will put all of his weight on his right foot. Step in with your left foot and kick sharply against his right with your right. The calf of your leg should meet the calf of his leg. He will fall to the ground on his back. Practice this slowly at first to avoid serious injury.

5. The Back Roll. The back roll is simply a method of giving away completely before an opponent's rush or pressure. To learn its use, allow him to rush at you in an upright position. Stand fast until he is almost upon you. Without giving any notice of your intention, suddenly drop to a sitting position. Your opponent will fall over on top of you if he is moving slowly, and completely over your head if he is moving rapidly. From this sitting position, you will be able to deliver a terrific kick into his testicles, as he falls over you. Another example may be illustrated as follows. With your hands, try to keep your partner from pushing his right hand down into your face as though he had a knife attempting to drive it into you. Allow him to increase the pressure as you increase the resistence. When you feel that he is pushing as hard as he can, suddenly drop to your knees. He will tumble over your back and on to the ground.

6. Side Step and Trip. Against an opponent who is making a determined charge or head-long rush toward you, a simple method of throwing him is to withdraw the resistence he expects by stepping aside. At the moment when your opponent is off balance, extend a foot or leg into his path and trip him. Trips are nothing more than blocking a part of your opponent's body while the rest of it continues to move. If your opponent is not in a motion you may cause part of his body to move by quickly pulling or pushing in the direction you expect him to fall. Just as a skidding car will turn over if its wheels hit a dry place in the road, so will your opponent fall if you block the parts of his body on which he depends for support. When you trip an opponent it is wise to trip with your leg between the ankle

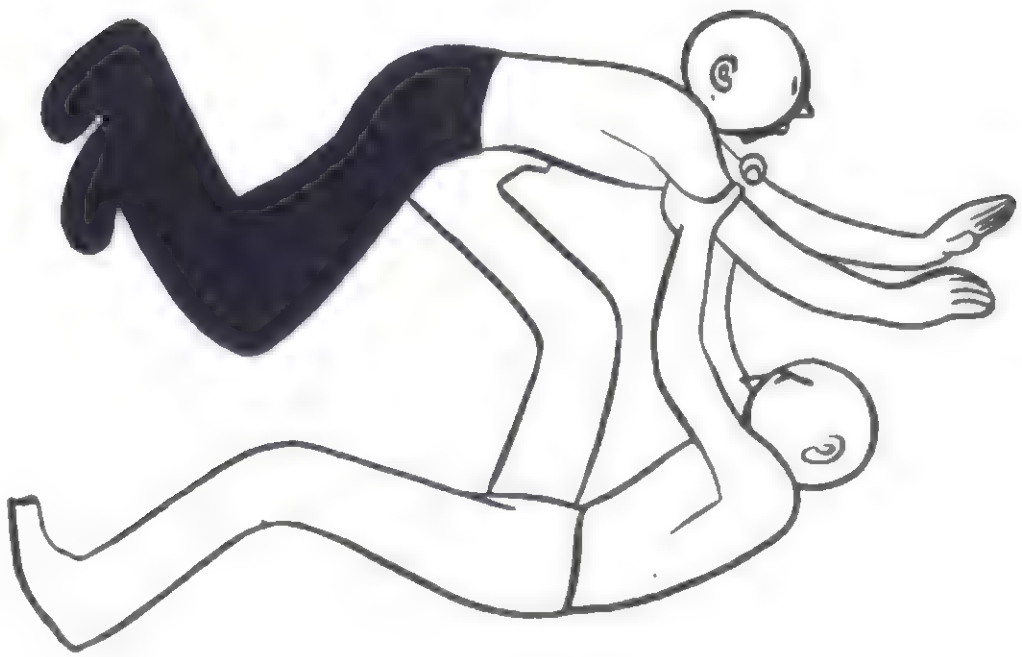
and knee rather than with the foot, to avoid the possibility of missing. A drag or snatch on your opponent's arm or clothing in the direction of his motion will increase the possibility of his falling and insure a fall close enough to you so that you can begin to work on him without having to follow too great a distance.

7. The Switches. This term broadly covers a whole series of methods of applying pressure against an opponent's elbow in order to make him fall because of pain. Any pressure tending to bend the elbow the wrong way will effectively force your opponent to move in the direction you want him to move. This pressure may be applied with the hand, forearm, upper-arm, or body. It is somewhat similar to the pressure on a piece of wood, supported on both ends, when it is struck in the center with an axe. To execute a switch on an opponent who strikes at you with his right fist, deflect the blow with your right hand as you step to the outside of his arm. Grasp his wrist with your right hand pulling on it to keep his arm straight. At the same time, pivot to the right and throw your weight behind his elbow. Pull back on his wrist as you drive your body or arm against the elbow. A similar pressure may also be applied by stepping inside the blow, except that you grasp behind his elbow with your right hand and take his wrist with your left. Push up at the wrist, pull down on the elbow, and sit down. Switches may be used any time that you can cross your weight over your opponent's elbow and apply pressure against the joint.

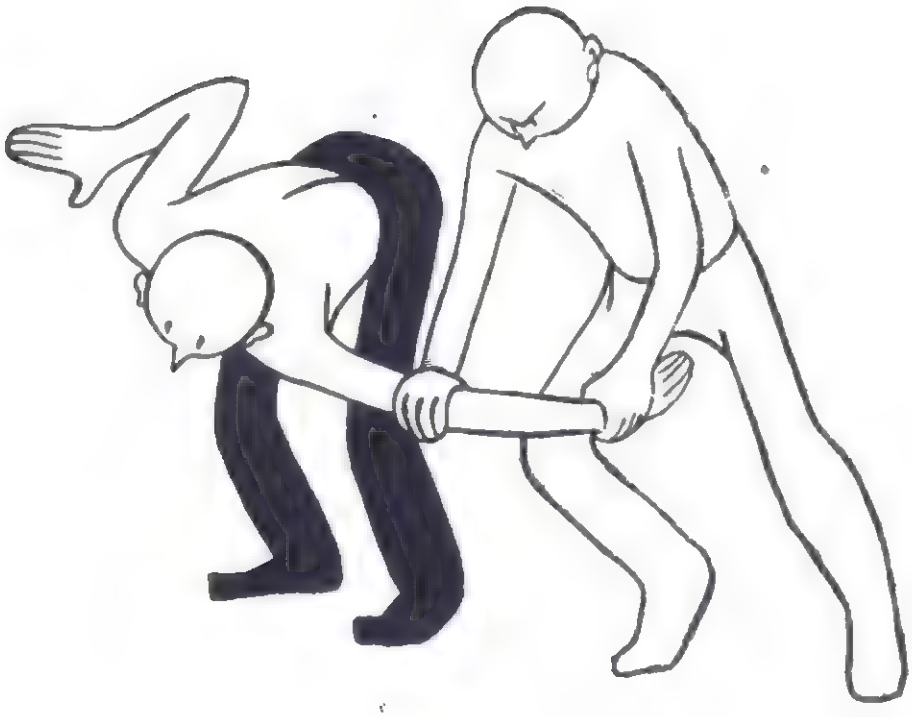
8. Leg Hooks. A surprise maneuver which will usually catch your opponent off guard, particularly if he is trying to hit you, is a sudden drop just before he makes contact. Drop almost to your knees and as his body closes in, drive upward from your crouched position so that your shoulder meets the pit of his stomach. At the same moment hook your arms around his legs lifting them upward. Drive forward with your shoulder and your opponent will fall backward to the ground. A preliminary to this move should be a feinting motion towards your opponent's head just before you drop. Avoid swinging your arms wide to the side and particularly avoid diving at your opponent before he reaches you. These two things will tell him exactly what you are going to do and give him time to block you. Avoid also a somer-sault fall which might throw you over your opponent's head on to your back. Keep your drive low and straight forward. Do not clasp your hands as you drive, but keep them free so that you can hit him when he falls. In the event that you are able to hook only one of his legs, drive your shoulder into the front of his knee as you pull upward on his ankle.

9. Fall Backs. If you have dropped and hooked your opponent's legs and find that he is able to keep you from throwing him backward, continue to drive forward until he reaches around your body with his arms. Quickly lock your arms around his, above his elbows, and then proceed to sit down. This will slam your opponent's head into the ground and probably break his neck. If your opponent has a grip around your body from the rear while you

TRIP KICK
PULL DOWN ON HIS ARM
PUSH UP ON HIS FACE
KICK THE CLOSE LEG



BACK ROLL
KICK HIM IN THE
TESTICLES AS HE
GOES OVER

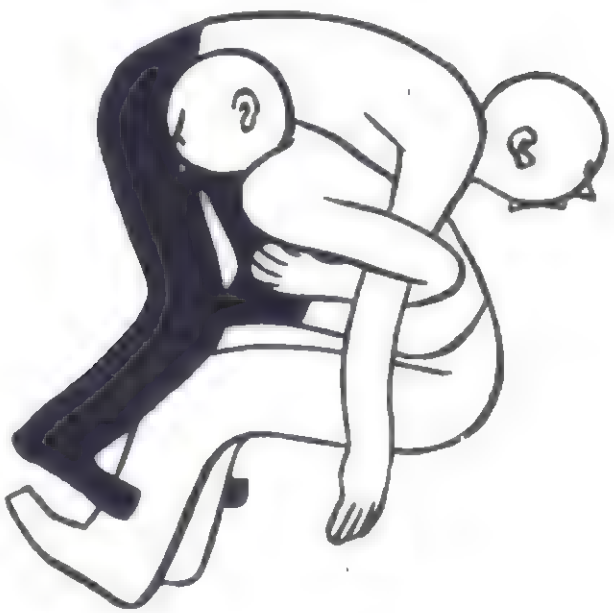


OUTSIDE SWITCH
PULL UP ON HIS WRIST
PUSH DOWN ON HIS ELBOW

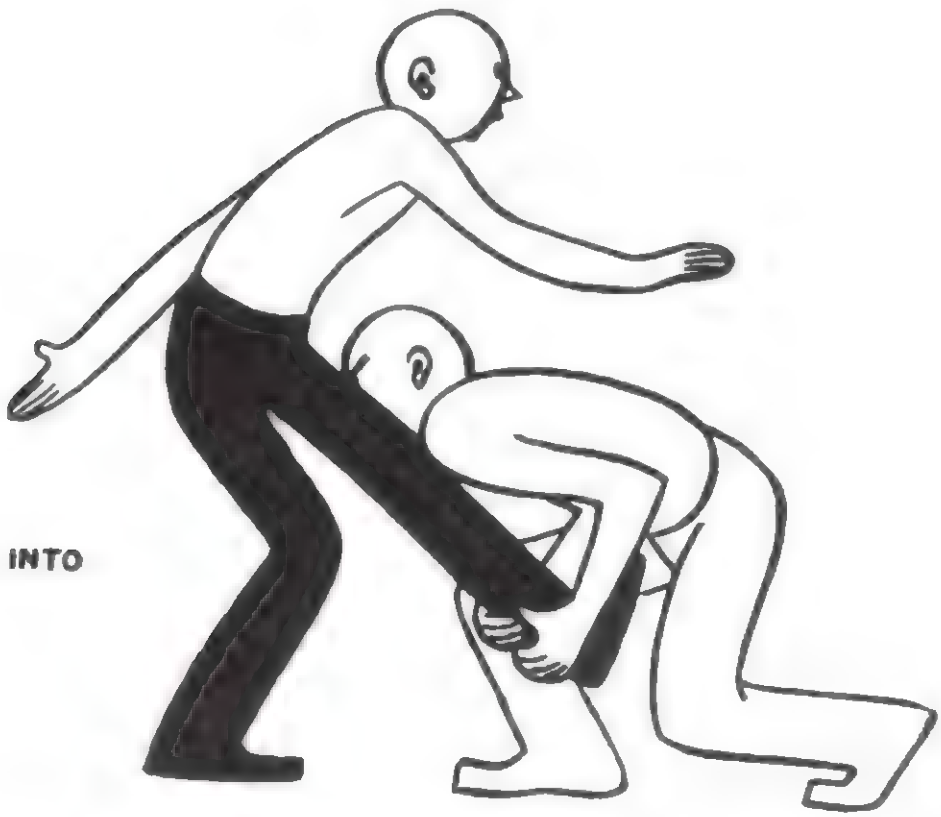
INSIDE SWITCH
PUSH ON HIS WRIST
PULL ON HIS ELBOW
SIT DOWN

FALL BACK
STEP BEHIND HIS LEGS
AND SIT DOWN AS YOU
SLAM YOUR UPPER BODY
BACK INTO HIM

FALL BACK
LOCK HIS ARMS ABOVE
THE ELBOWS AND SIT DOWN



LEG HOOK, DOUBLE



LEG HOOK, SINGLE
DRIVE YOUR SHOULDER INTO
HIS KNEE

are on your feet, and you are unable to use a shoulder throw because your body is bent backwards, step to the outside and behind one of his legs. Slam backward with the upper part of your body and sit down. Your opponent will land under you and will probably be knocked unconscious.

10. Throwing Your Opponent From the Rear. If you can get a position behind an opponent while you are both on your feet, you can most easily throw him by falling backward or by tripping him to the side. To fall backward secure a grip on both of his arms above the elbows. With one of your feet behind his heel, on the same side, fall straight back using your other foot to pivot your position around the stationary leg. This will spin your opponent so that he will fall under you. To use a trip to the side take the same type of grip on your opponent's arm. Turn sideways, driving your shoulder into your opponent's shoulder as you pull him toward the left. Step forward with your left foot and kick back with your right leg into his left thigh. Trip him over your leg so that his head hits the ground first.

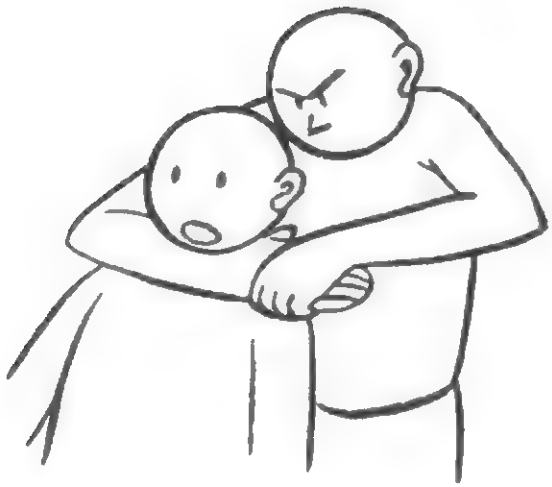
These are the basic methods used in throwing an opponent to the ground. We have so far covered them as separate maneuvers without any relation to their use in actual combat. Since they are basic, it is important to learn them thoroughly and to practice them until you are sure of your ability to use each of them if an opportunity should present itself. We shall now consider the use of these basic throws as applied to combat.

Strangling an opponent is not usually the simple task it appears to be. Most of you will find that your first attempts will be ineffective, and that your partner can resist you if he so desires. Regardless of how clumsy your efforts may be, however, you can probably overcome him by strangling in about fifteen seconds. This is too long. During those fifteen seconds an enemy could kick you in the testicles or otherwise severely punish you. A properly applied strangle hold will eliminate all resistance in less than three seconds. You must either apply pressure so great that your opponent's heavy neck muscles can not resist, or you must apply pressure in such a way that his neck muscles don't have a chance to resist. In strangling an opponent who is on his feet either from the front or from the rear, pressure will be exerted by the hard bone of your wrist or forearm. Only when your opponent is on the ground should you attempt to strangle him with your fingers. There are two pressures which can be applied; one directly against the windpipe and the other against the sensitive areas on the side of the neck. To be really effective, both of these pressures should be applied simultaneously.

Strangling From the Rear. In making an attack on an opponent from the rear a strangle hold is one of your most effective methods. Follow these directions and practice them until your pressure is sure and swift. Throw your right arm over your opponent's shoulder and around his throat so that the sharp edge of your wrist is against the windpipe. Throw your hip into his buttocks so that his body is bent backward toward you. The thumb of your right hand should be pressing into the side of his neck as your wrist presses against his throat. Reach over with your left hand and take hold of your right so that you can pull his head back on your right shoulder. Snatch him backward to the ground so that you are kneeling behind him. Pull back on your hand and push forward with your shoulder to increase the pressure. Your right wrist should be rigid and straight throughout, and the palm of your right hand parallel to the ground.

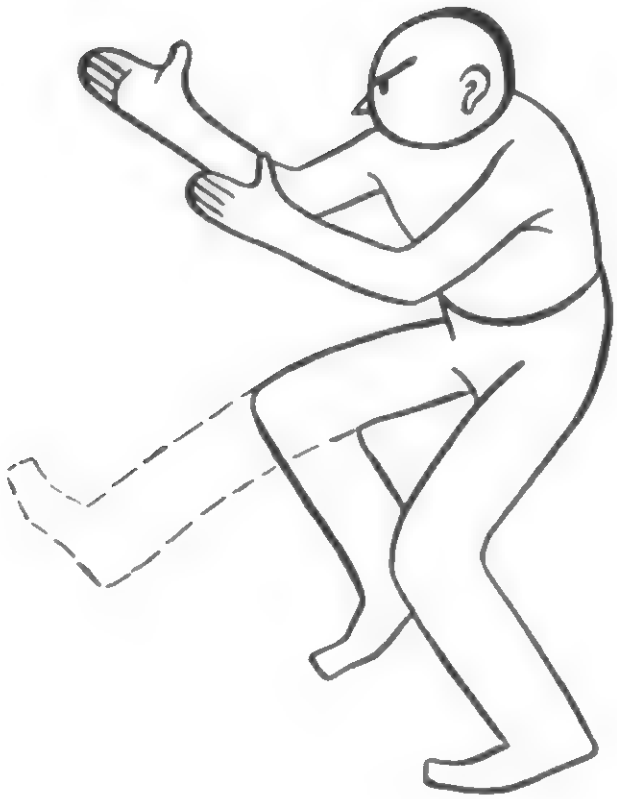
Strangling From the Front. To strangle from the front as your opponent charges into you, get his head under your right armpit so that you can reach around under his throat with your right arm. Place your left hand on his shoulder on the side nearest to it. Reach for your left wrist with your right hand. Apply pressure by straightening up and leaning backward as you bend both wrists upward. This hold is just as effective with your forearm across your opponent's face as it is across his neck. Upward pressure in the latter case will break his neck.

Strangling With Your Fingers. Since your opponent's throat muscles are strong enough to resist pressure with your fingers across the front of his throat, you must attack at points where the muscles can not be used for resistance. Drive your fingers and thumb with a tong-like action behind the windpipe as close to the jaw as possible. Close them together and pull out. This will strangle your opponent almost instantly as it closes his windpipe from behind. A sharp blow with the edge of your hand, forearm, or wrist into your opponent's "adam's apple" will cause almost instantaneous strangulation, and all strangling should be preceded by a sharp blow to this point.

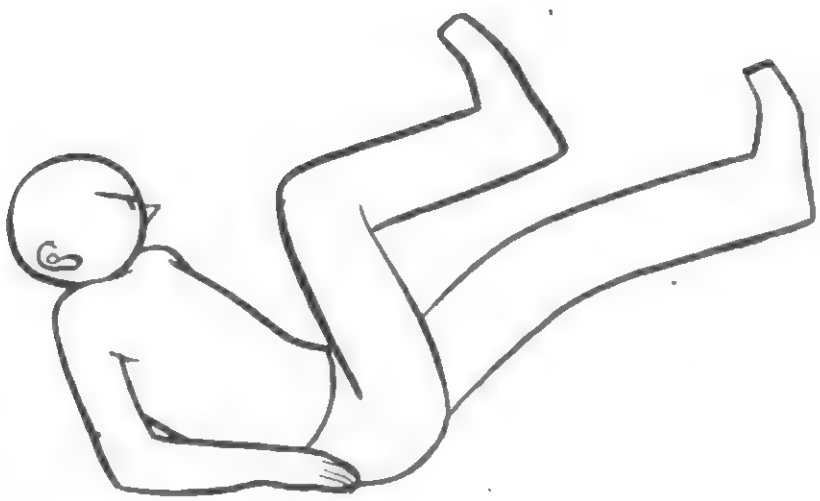


REAR STRANGLE

FRONT STRANGLE



KICKING
RAISE YOU KNEE FIRST
THEN KICK OUT QUICKLY



GROUND KICKING
USE YOUR LEGS AS PISTONS
AND KEEP HIM AWAY UNTIL
YOU CAN GET TO YOUR FEET

KICKING

Your feet are valuable as offensive weapons principally because of the powerful force they are able to exert. While your opponent is on his feet, they will effectively keep him at a distance until you are set to take the offensive. On your feet, avoid a wide or high swinging kick. Such a kick will only give your enemy a chance to grab your foot and throw you. Kick by raising your knee first--then extend your foot quickly to the target and withdraw it. Kick from a crouched position so that your opponent will have to reach over and down to hit your vulnerable points. Kicks to an opponent's shins, knees, and testicles are effective. After your enemy has been thrown to the ground, you may kill him quickly by kicking the side of his face, neck, stomach, testicles, or kidneys.

If you are thrown to the ground, and do not have time to recover to a standing position, use your feet to keep your enemy from closing on you. Turn quickly to your back and spin so that your feet are toward him. By pivoting around on your hips, using your hands to propel you, you can always keep your feet in position so that you can kick him before he can reach you or jump on top of you. Do not use your feet in a flutter-kick manner, but like pistons; one foot back close to your body, the other extended, so that your opponent can never take hold of both of them.

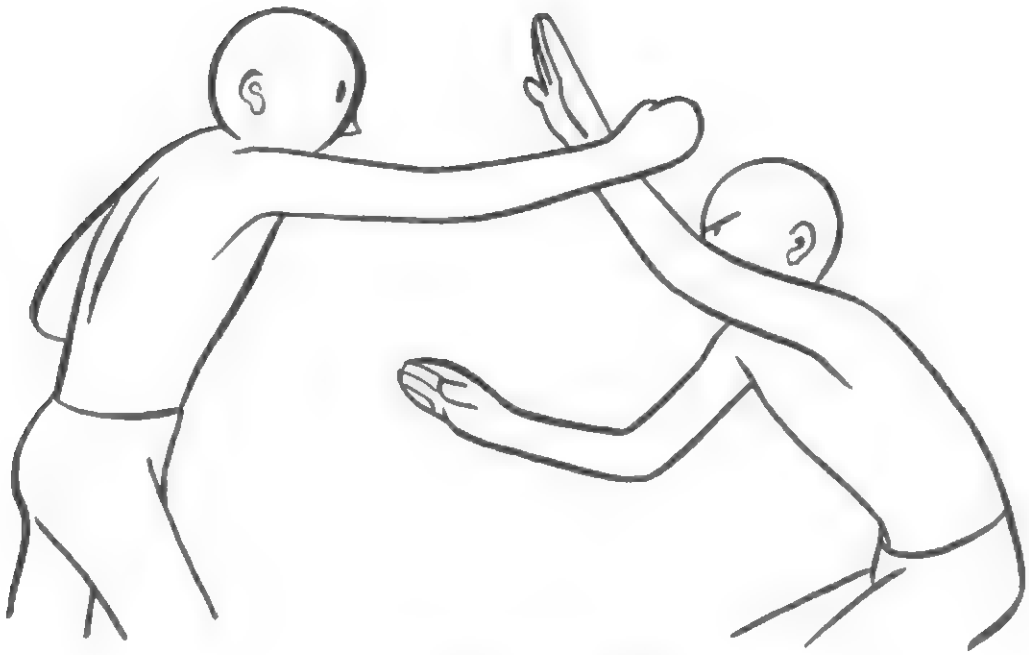
Remember that this is a temporary position and very tiring. Get to your feet as quickly as possible with a hand full of dirt or small rocks. Thrown into your enemy's eyes, this will give you a chance to kick him in the testicles and end the fight.

MEETING ATTACKS FROM THE FRONT

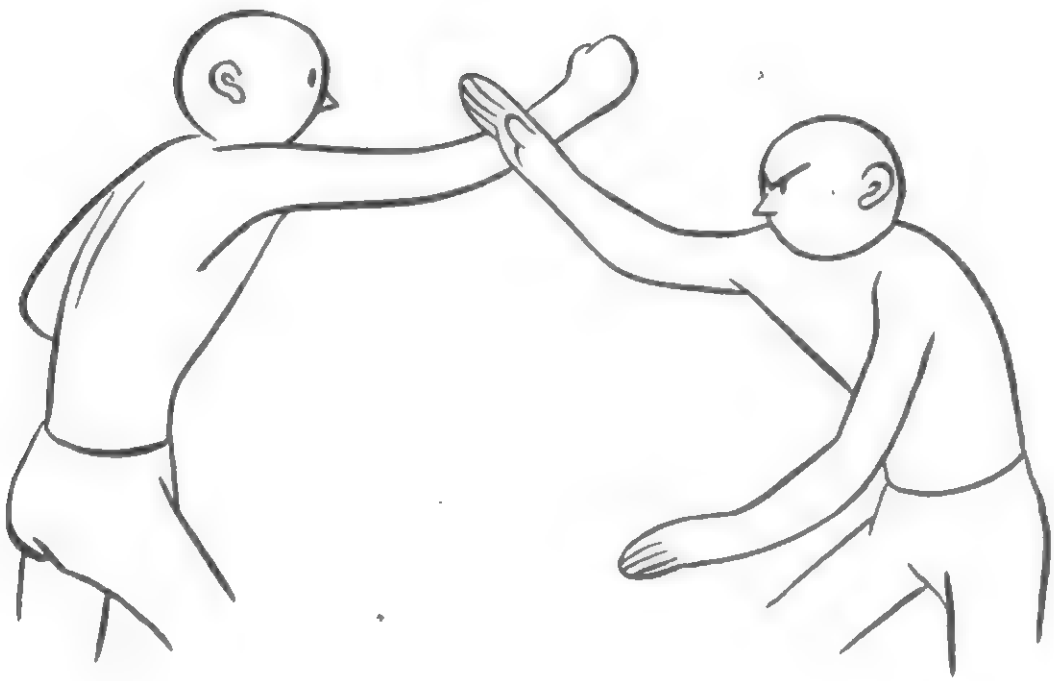
There are a limited number of ways in which an opponent may attack you. Each of them requires a different form of defense and counter-attack. You should be able to judge the type of attack instinctively, so that you can meet it without any hesitation. An opponent may attempt to strike you, with either his fists, hands, or some other weapon. He may attempt to wrestle you to the ground by taking hold of your body, or he may simply try to overpower you by the force of his drive as he rushes toward you. We shall consider each of these types of attack and attempt to meet them in such a manner as to enable us to take the offensive as soon as possible. In the first phase of these attacks, it is probable that the Artilleryman will be on the defensive. This is because his mission as a hand-to-hand combat fighter is a defensive mission. Regardless of the manner in which an opponent approaches you, your initial position should be such that you can meet his attack without being in danger of losing the advantage before you get started. Your body should be well balanced, solidly set on both feet and well crouched. Your hands should be in position to ward off blows to the more vulnerable parts of your body.

1. A Striking Attack. As your opponent tries to hit you, his method will probably be far short of good boxing. His blows will be wide swinging and of the slugging type. Your crouched position will place your face and upper body, the natural targets for his blows, at a maximum distance from his striking weapons, making it necessary for him to lunge and overreach in order to get to you. At the same time, you are in position to kick his shins, knees, or testicles. You may expect some of his blows, during these first few seconds of contact, to reach you. Use your arms and hand edges to parry these blows. When your kicks, as they will, have made him more cautious and started him to wondering what you are going to do next, you are ready to close with him. The manner of closing is similar to that used by a boxer when he clinches with his opponent. Your fore-arms should be in an almost vertical position, close together and in front of your face and throat. Move into him, parrying his blows outward. When you have stepped inside of his swinging arms, drop your arms and weight on him by clasping his upper arms or shoulders in a downward dragging grip. From this position after closing, you are also able to turn and use a hip throw or a shoulder throw. Do not, however, forget your primary purpose, and feel that you must throw him in order to win the fight. If the opportunity presents itself, a blow with your knee into his testicles or your hand edge into his "adam's apple" will end the fight then and there.

In the event that your opponent's blows are too rapid or powerful for you to close with him in the manner just described, you may use the alternate method of parrying the blows to the outside. Again you will use your hands and forearms to parry. Parry them so that you are on the outside of the striking arm. Your parry should be forceful and



INSIDE PARRY



OUTSIDE PARRY

CLOSING IN
KNOCK HIS ARMS OUTWARD
DRAG DOWN ON HIS BODY
FOLLOW WITH A TRIP KICK
OR HIP THROW

IT IS AT THIS POINT THAT YOU LEAVE THE DEFENSIVE PHASE OF THE FIGHT AND MAKE YOUR COUNTERATTACK YOU WILL HAVE WEATHERED HIS FIRST ASSAULT AND NOTED HIS STYLE OF FIGHTING, PARRYING THOSE BLOWS WHICH YOU COULD NOT AVOID OTHERWISE. FROM THIS POSITION YOU MAY CLOSE FOR A TRIP KICK, HIP THROW, AN ATTACK TO HIS VULNERABLE POINTS, OR YOU MAY DROP SUDDENLY FOR A LEG HOOK. IF POSSIBLE, THROW DIRT IN HIS FACE AS YOU CLOSE.

your body should move away from the arm you parry with. This will force your opponent into an overbalancing swing which will give you an opportunity to close into his side. As you close, your inside arm, the one closest to him, should slam into his body under the arm you have just parried. With your other hand drive a blow into his side or kidneys to straighten his body up into a position so that his stomach muscles are ineffective. From this position you will be able to use a hip throw toward the side, a trip-kick, or a quick spin which will place you behind your opponent in position for a strangle or a fall-back with a heel block.

If your opponent's blows are wide swinging so that his arms are almost straight, you may parry at the wrist, gripping it as you parry either from the inside or the outside. This will place you in position to use an inside or outside switch.

One of the most effective methods of meeting a striking attack is the drop and leg hook. Do not drop until your opponent is well into you so that he cannot change his method of attack to meet your surprise move. Always remember that the use of deception will enable you to fool your opponent and will give you an advantage. Don't let him know what you are going to do, and <u>be sure</u> that you do know.

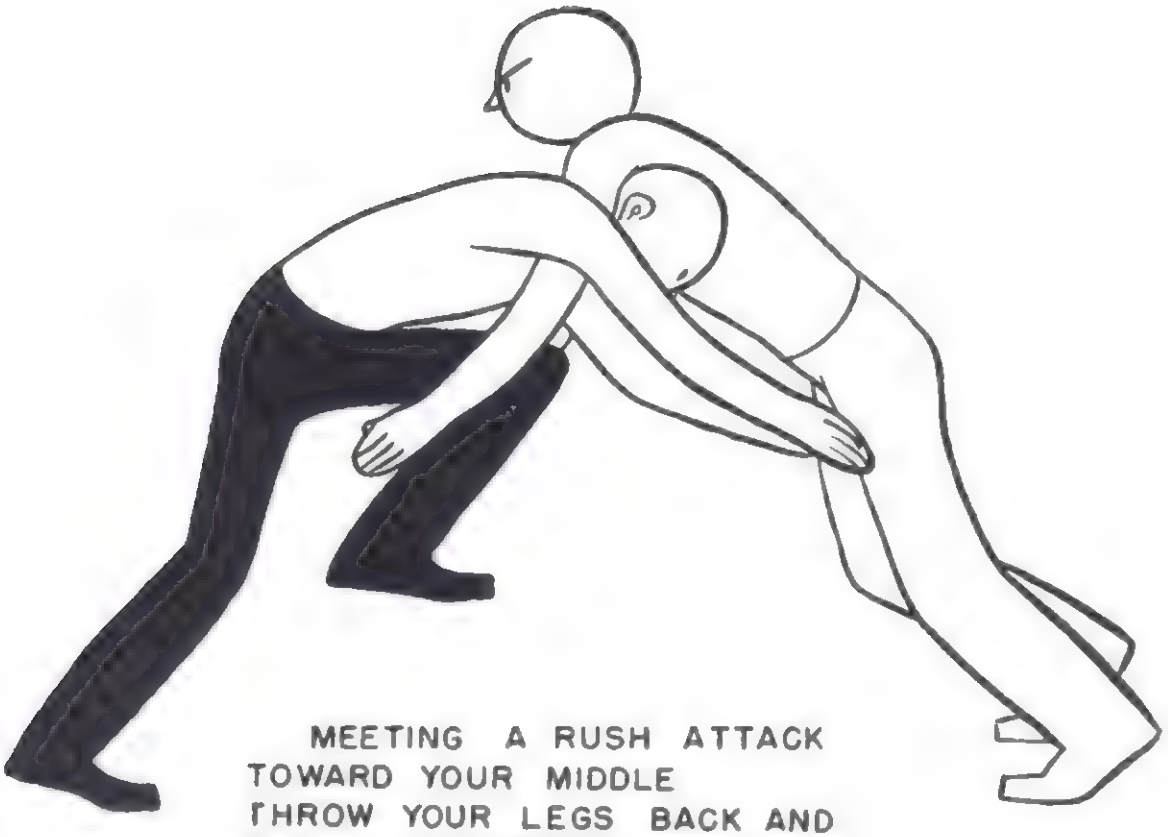
2. <u>A Rush Attack</u>. The opponent who charges at you like a mad bull is a sucker in the first place. All you need to do is let him throw himself. It is possible for a man to rush at you in three different ways. He may come high in an attempt to grab you around the neck or upper body. He may come crouched slightly in an effort to take hold of your body in the middle, or he may attempt to tackle you or drive into your legs. Remember, if you are not in motion yourself, the force of any of these drives will carry you to the ground. You must avoid meeting them head on to save yourself from serious injury.

If your opponent rushes at you with his body upright, you may use a back roll which will throw him over your head. As you fall back, holding to his wrists, sleeves, or body clothing, drive your foot into his testicles and stomach. Hold the grip that you have with your hands to keep him from rolling as he hits. Turn quickly to the side and finish him off with blows to his throat, stomach, and testicles. Do not forget that your fall back must not begin until your opponent is directly upon you. It must be a surprise move! You may also simply step aside and trip your opponent with one leg if he is moving especially fast toward you. The third method of meeting his attack is a sudden drop and leg hook.

When your opponent is driving toward the middle of your body you may meet him with either a back roll or deliver a blow upward into his chin with your knee, foot or forearm. You may meet the drive solidly, if your opponent's speed is not too great, by stretching your legs rearward and letting his head come in under one of your arm-pits. Your arms

should be extended downward between his arms to prevent his reaching for your legs. Don't attempt to stop his drive completely. As long as your legs are extended behind you, you can ride it out without danger of being thrown from your feet. From this position you can go quickly into a front strangle hold or headlock, either of which will quickly kill your opponent.

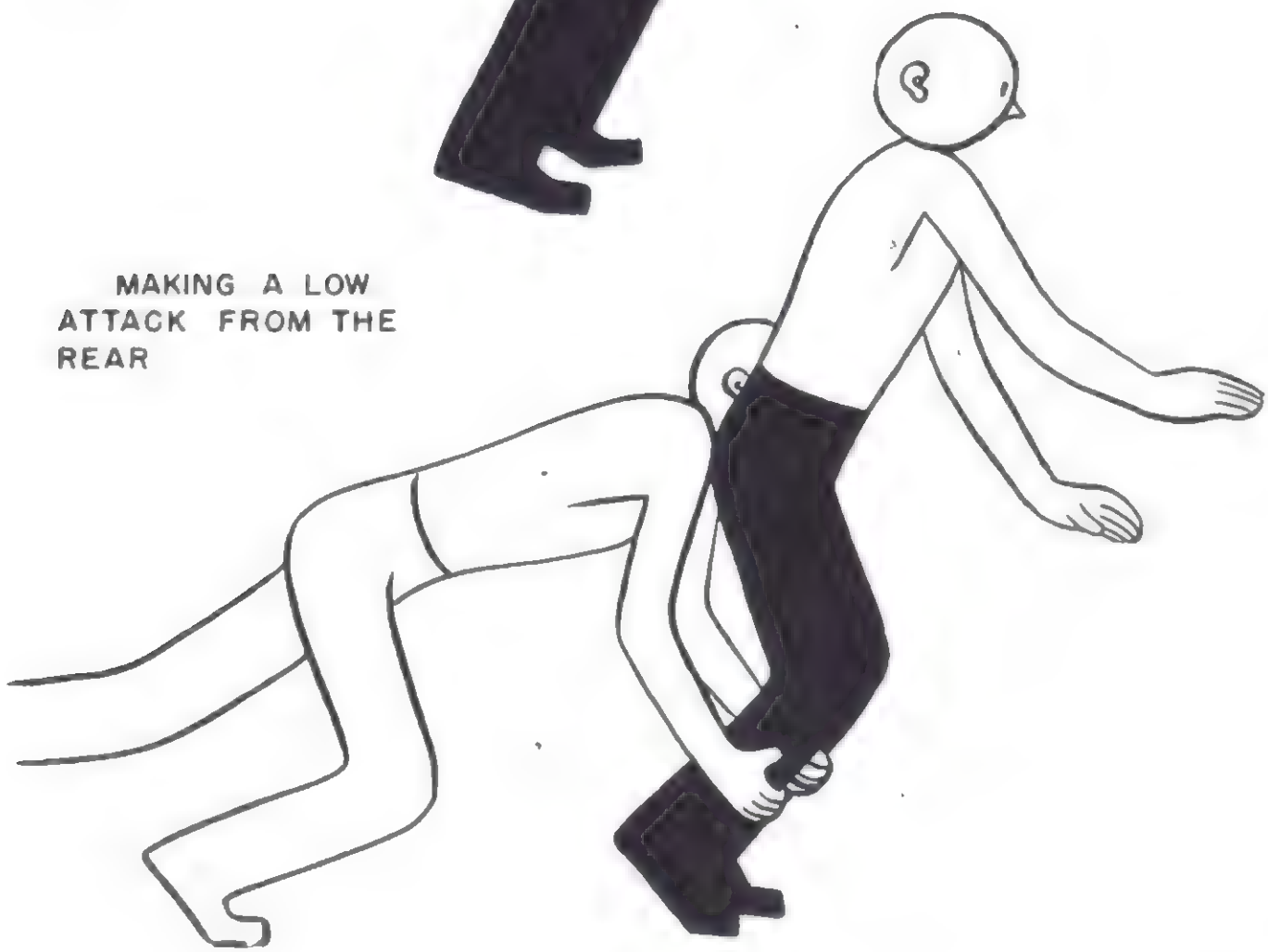
If your opponent drives at your legs or attempts to tackle you, use a simple football trick. Push down on his head. It will do you no good to push on his shoulders because he will keep right on coming. A downward push or blow on his head, however, will drive him into the ground. If you push with one hand step to the side and drive upward with your other hand to his shoulder or upper arm on the side toward you. This will spin his body so that he falls on his back. Drive your foot into the side of his head and look for the next victim.



MEETING A RUSH ATTACK
TOWARD YOUR MIDDLE
THROW YOUR LEGS BACK AND
BLOCK HIS ARMS USE A FRONT
STRANGLE OR BACK ROLL.

MEETING A LOW DIVE
PUSH DOWN ON HIS HEAD
SPIN HIM BY LIFTING HIS
CLOSE ARM.

MAKING A HIGH ATTACK FROM THE REAR



MAKING A LOW ATTACK FROM THE REAR

MAKING AN ATTACK FROM THE REAR

Any attack on an opponent from the rear must be made silently. If your action makes a noise loud enough to warn him of your approach, he will whirl around and your attack will lose most of its effectiveness.

Circumstances will determine whether your attack must remain silent after you have made contact. Frequently it is necessary to remove a sentry or outpost guard quietly so that help will not come, or so that an alarm will not be given. When this is the case, your attack must not only overpower your enemy, but it must also stifle any outcry he might make. Part of your attack, then, must be directed at his throat or mouth.

If clothing and equipment worn by your enemy permit, a strangle hold from the rear, as described in the section on strangling, will get rid of him quickly and silently. Approach quietly, observing the moving habits and equipment of the man you are going to attack. When you are about five feet from him, move with great speed. Two things should occur simultaneously. Your strangle hold must cut off any sound, and your hip or knee must drive into the lower part of his body to bend him backward toward you.

If heavy clothing around your quarry's throat makes you feel that a strangle hold might not succeed, attack so that your left hand closes over his mouth. Jerk backward and pull his body onto your hip; then drive the edge of your hand or fist with all of your force into the pit of his stomach which will have no resisting power in that position.

In the event that you do not care whether your opponent cries out or not, you can smash him to the ground by driving hard with your shoulder into his buttocks as your hands pull his ankles backward. Follow with blows to the base of his skull to kill him.

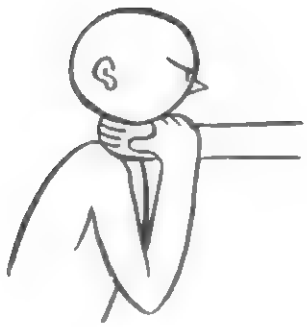
BREAKING BODY LOCKS AND ARM HOLDS

Do not expect an opponent to come up behind you and take a firm hold on your body and do not expect him to grip you around the body from the front as he makes an attack. His purpose will be to smash into you with all the power he has. All of the methods of throwing that we have so far discussed have been types that would meet a smashing attack. Each of them, if perfectly applied, will throw your opponent to the ground so that you can kill him with little or no trouble. However, perfection is difficult to achieve. Your opponent will be doing everything he can to keep you from executing your throw in the correct manner. It is entirely possible that an imperfect throw will put you in such a position that your opponent can and will take a body grip or strangle hold to save himself from falling or to keep you from trying something else. Such holds will usually be taken with your body and that of your opponent locked in a struggle for superiority in strength. There will not be much motion. We will consider each of the general ways that an opponent might take hold of you and plan a method of release and counter-attack which will convert that hold into your advantage. Regardless of how your opponent may grip you, your first move will always be the same. It is important, and on its execution will depend the success of anything else you may attempt to do. Drop to a crouching position so that your opponent is supporting part of your weight. Learn to keep your balance under all conditions so that he can not easily throw you from your feet, until you have had a chance to make your attack. If you let your body become straight or bent backward, you will loose the power of your stomach muscles and nothing you try will work. Next, attack all sensitive parts of his body that you can reach. These attacks will make him loosen his grip so that you can maneuver into position for one of the throwing methods previously described.

1. Strangle hold with hands from the rear.
   (a) Drop sharply down and forward to a quarter knee bend. Reach up and take one of your opponent's hands with your hand on that side, fingers in his palm. Use a wrist throw.
   (b) Whirl sharply around with your arms high so that your forearm passes over your opponent's arm and smashes into the side of his neck.

2. Hug around neck from the rear.
   (a) Use a shoulder throw to the front.
   (b) Step behind his legs and use a fallback.

3. Hug over arms from the rear.
   (a) Reach for his testicles. When he backs away, drive your elbows into his stomach to make him loosen his grip. Drop suddenly, so that his arms slip up to your shoulders or neck. Use a shoulder throw or fallback.



TO BREAK A FRONT HAND STRANGLE HIT HIM IN THE SIDES WITH YOUR HAND EDGES, OR USE A WRIST THROW.

YOU MAY BREAK THE HOLD BY RAISING YOUR ARM BETWEEN HIS. THEN USE A TRIP KICK OR HIT THE SIDES OF HIS NECK WITH YOUR HAND EDGES

TO BREAK A BEAR HUG UNDER THE ARMS
TEAR HIS HANDS APART. BEND HIS FINGERS BACK OR USE A WRIST THROW. YOU MAY REACH OVER HIS ARM AND UNDER HIS THIGH. THEN SIT DOWN AS YOU DRIVE YOUR WEIGHT INTO HIS ELBOW.

TO BREAK A BEAR HUG OVER THE ARMS
REACH FOR HIS TESTICLES. THEN DRIVE YOUR ELBOWS INTO HIS STOMACH. IF HIS ARMS ARE HIGH USE A SHOULDER THROW OR FALL BACK

4. Hug under arms from the rear.
   (a) Crash your foot down on your opponent's instep. Bend your right arm at the elbow and whirl sharply, smashing your elbow into his jaw or neck.
   (b) Crouch quickly to a half knee bend and reach over your opponent's right elbow to his right thigh with both of your hands. Hold on tightly and sit down as you whirl toward the right, driving your weight down against his elbow.
   (c) Tear at your enemy's fingers and thumbs with your hands. Drive your knuckle into the back of one of his hands to make him release his grip. Bend his fingers and thumbs backward until they break. Whirl away from him when his hold is broken and kick him in the testicles.

5. Strangle with fingers from the front.
   (a) Drop quickly to a quarter knee bend. At the same time secure one of his hands and use a wrist throw.
   (b) Drop quickly to a quarter knee bend, then drive upward with both arms between your opponent's arms to break his strangle hold. Drop your weight instantly on his shoulders and step in for a trip kick or hip throw.
   (c) Smash into your opponent's body just below his ribs with your hand edges. Kick him in the testicles as he backs away gasping for breath.

6. Hug around neck from the front.
   (a) Reach for opponent's testicles to make him pull away. Use your hand edges to smash his body just below the ribs, then drive your knee into his testicles.

7. Hug over arms from the front.
   (a) Grab opponent's testicles. Bite his throat, then drive forward into his body and use a trip kick.

8. Hug under arms from the front.
   (a) Drive your thumbs into his eyes or into the mastoid areas behind his ears. Raise your knee into his testicles.
   (b) Smash into the sides of his neck with your hand edges.

GROUND FIGHTING

OFFENSIVE GROUND FIGHTING

When you have thrown your enemy to the ground, you should be able to finish him before he has time to get to his feet again. There will be times, however, when you are not able to do so. If he does regain his feet, or get you in a position where you cannot use your natural weapons, your advantage will be lost. Most of the throwing methods selected for this text allow you to maintain control over your opponent after he hits the ground. The wrist, shoulder, and hip throws, the trip-kicks, fall backs, and back rolls are all completed so that you have a grip on your enemy's wrist or arm. If he attempts to roll, spin, or rise, snatch, jerk, and pull on his arm. Twist it and bend it as you kick at his vulnerable points. Try to keep him from getting his feet and arms solidly under him.

1. Top Body Ride.

If your opponent falls free, he will probably try to get to his feet by scrambling forward and upward from his knees and hands. If he does, straddle his back as you would ride a horse, drive your feet back under his body and between his legs, straighten your hips as you lean forward. Reach under his throat with your hands and pull upward as hard as you can. This will flatten him out. You can then apply a strangle hold. Even though he rolls over on his back with your body beneath him, your hold will still be effective. It is not difficult to hold a man flat on his stomach if you lift up on the parts of his body that he must use in order to rise. Prove this to yourself by getting your practice opponent to lie on his stomach. Rest your body flat on top of his, put your hands under his elbows and lift upward. At the same time put your toes under his ankles from the outside and lift up. He will not be able to get up as long as his elbows and feet are being pushed upward.

2. Foot Ride.

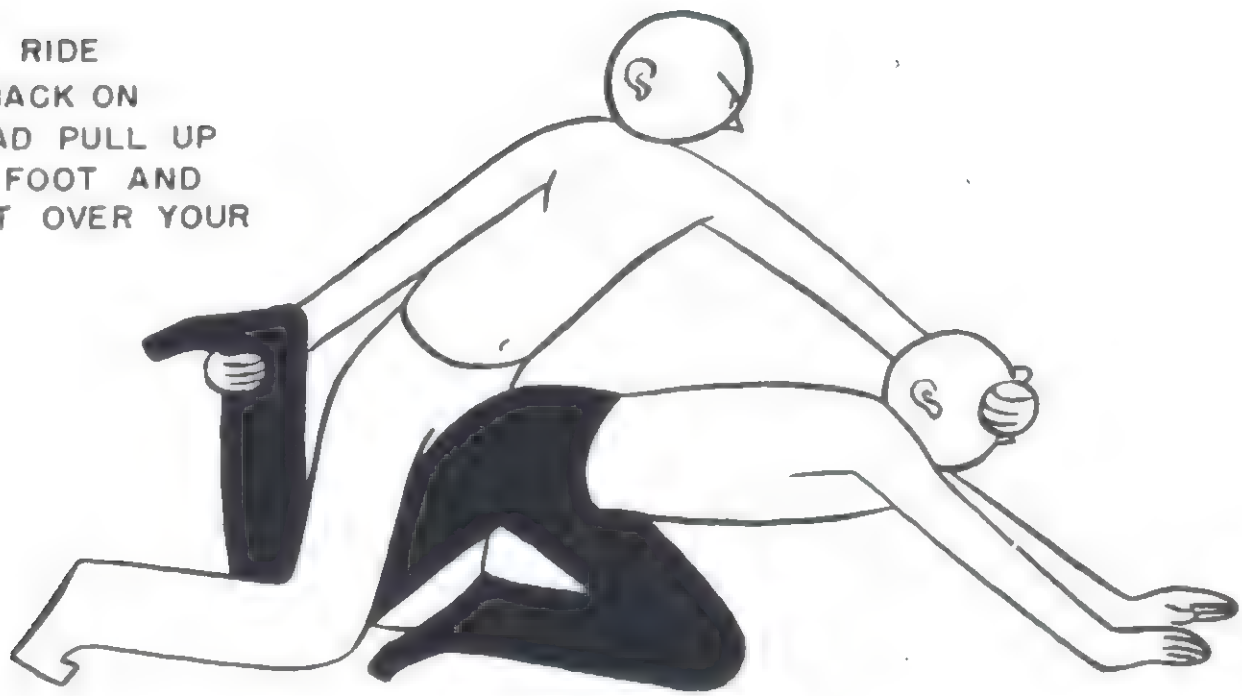
If you are unable to jump astride your enemy, throw one arm around his waist and drag your legs behind so that his legs are between yours. With your free hand reach for his foot on that side. Pull upward and forward on it as you drive your body forward into his buttocks. Apply pressure on his foot by continuing to push it forward after his body is flattened to the ground.

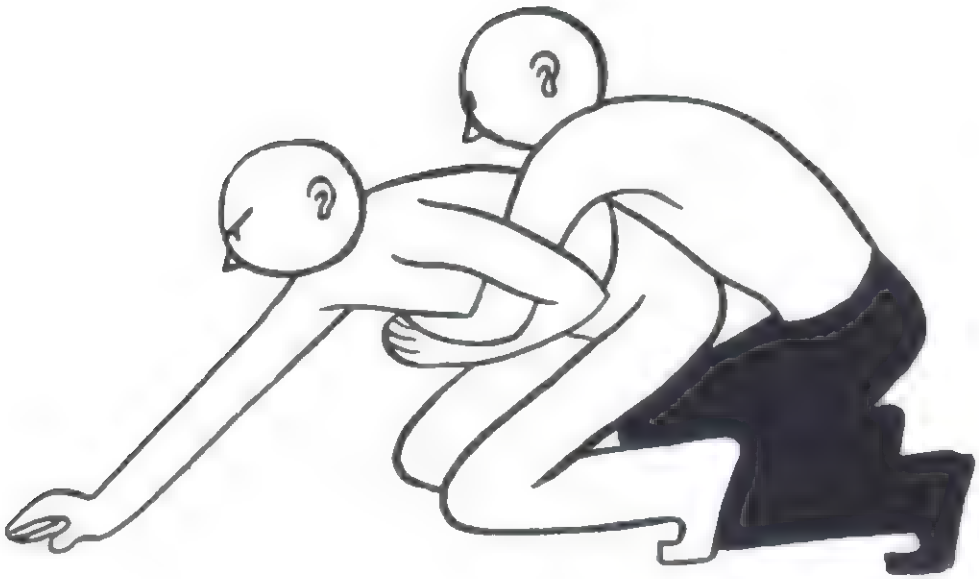
DEFENSIVE GROUND FIGHTING

If you are thrown to the ground with your opponent in a superior position, do everything you can to keep him from closing on you. Use your feet in the manner described in the section on kicking. Recover to a standing position as quickly as possible.

TOP BODY RIDE
PULL UP ON HIS THROAT
DRIVE YOUR LEGS BACK
AND STRAIGHTEN YOUR HIPS

LEG RIDE
PULL BACK ON
HIS HEAD PULL UP
ON HIS FOOT AND
BEND IT OVER YOUR
LEG





SIDE ROLL
LOCK HIS ARM ABOVE THE ELBOW AND
ROLL TO THIS SIDE

SHOULDER ROLL
PULL FORWARD ON HIS ARM AND
LIFT YOUR BUTTOCKS UP

If your enemy succeeds in getting on top of you, grind a handful of dirt into his eyes, bite him and attack his testicles if you are on your back.

1. Side Rolls.

If your opponent secures a grip around your body, you can easily roll him. Lock one of your arms around his arm on the same side above the elbow and roll quickly to that side. As soon as you have rolled, turn your body so that it is perpindicular to his. This will keep him from adding momentum and continuing the roll. When your roll is completed, you will be in position to drive your elbow into his testicles.

2. Shoulder Roll.

If your opponent reaches over your shoulder from behind while you are on your knees, take hold of his arm above the elbow and pull him forward over your shoulder.

Always remember to attack the parts of his body that you know can be hurt. Keep him in pain, and he can't do much fighting.

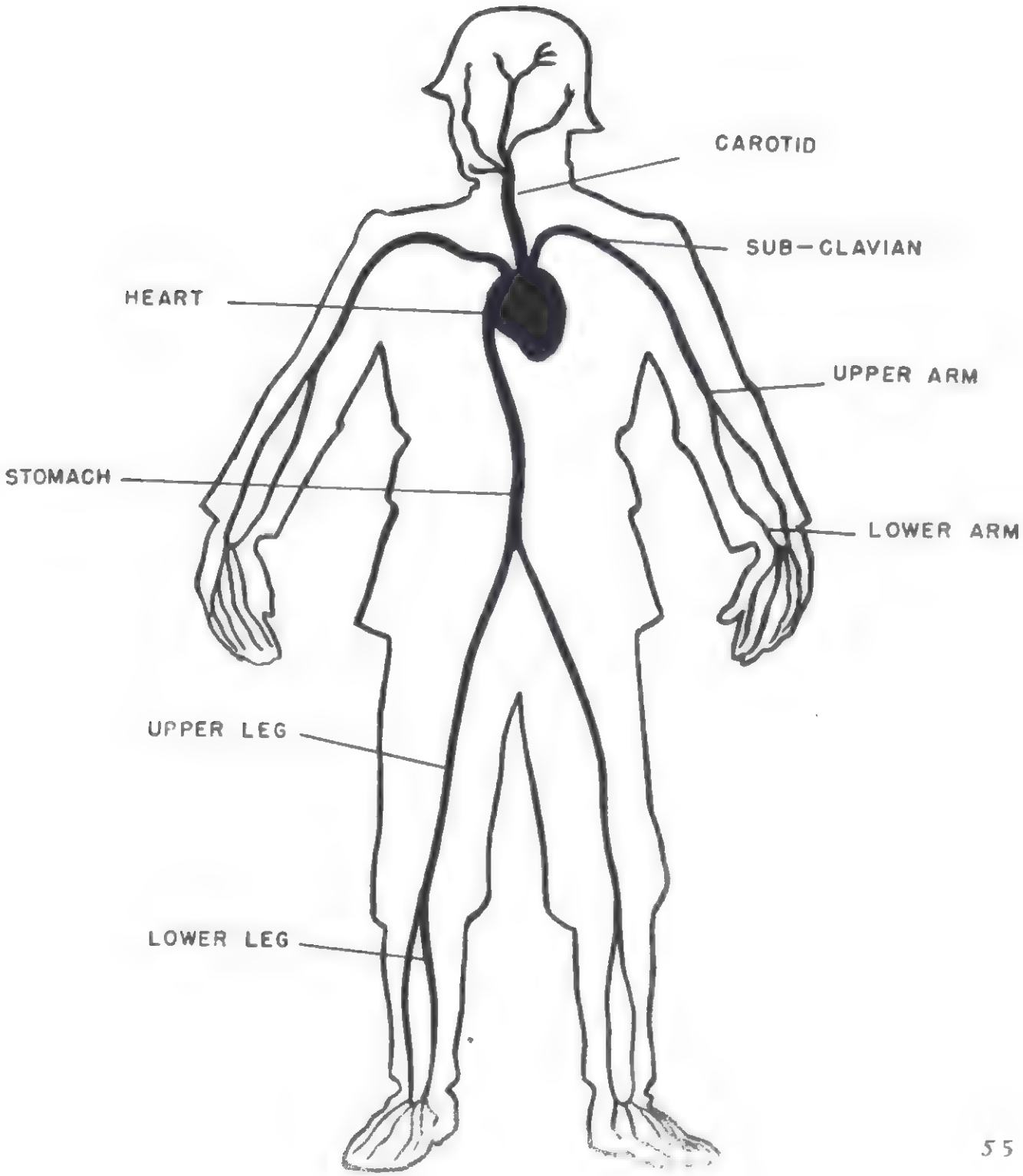
THE USE OF HAND WEAPONS

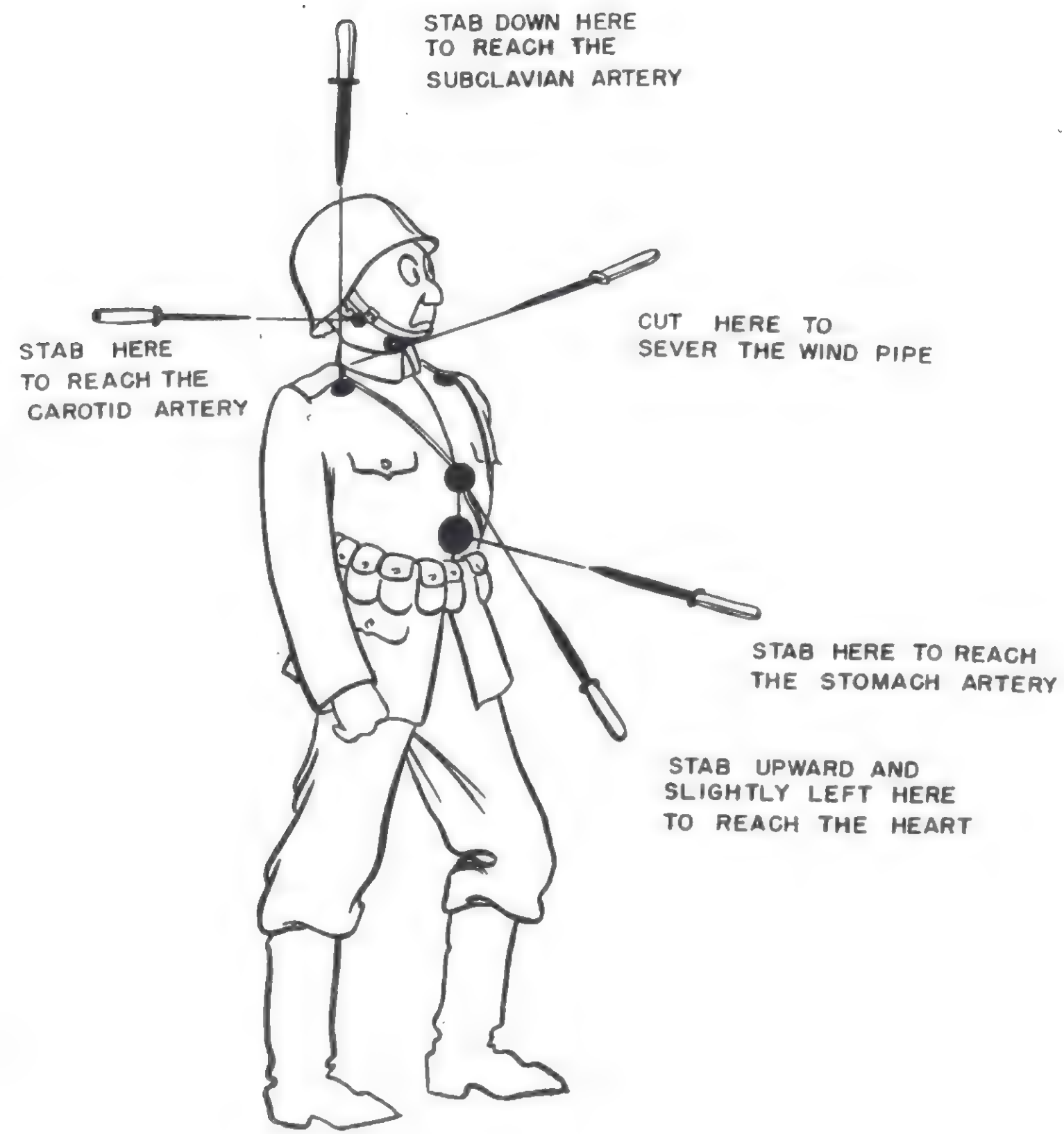
While this text is primarily concerned with unarmed combat, a short discussion of the basic principles involved in the use of small weapons such as knives, sticks, and various improvised fighting tools will lay a ground work for further study. Bear in mind that only the basic principles are going to be covered. Actually the use of small weapons is a complete science within itself.

1. Use of the Small Knife. There is a natural inclination among men unskilled and untutored in knife fighting to use the knife in a manner directly opposite of that which is correct. The small knife is not a slashing weapon, nor should it be used in heavy swinging strokes. If your opponent were nude, slashes would effectively take him out of battle, but with heavy clothing and equipment straps to protect him, your slashes would rarely cut through to his flesh, except at his head and throat where his hands naturally will guard and protect him. Consider the small knife as a stabbing weapon to be inserted at a point where the stabbing action will have a fatal effect. The first rule in small knife fighting is, "get in close to your opponent." The vulnerable points on his body are the throat and the various arteries. With the exception of the throat, these points are not on the surface and require a penetration of from two to six inches. Study the diagram showing the main arteries until you are sure of their location, the points of attack, and the positions from which you may attack them. Carry your knife, which should be a double edged, slender blade about eight inches long, loosely in one of your hands. If you are attacking from the front, carry it as close to your hip and as nearly concealed as possible. Step into your opponent using your free hand to ward off any attempt to block your movement. Drop to a half crouched position and drive the knife straight forward into the middle of his stomach. When the blade has penetrated to a depth of about six inches, move it quickly from side to side. The blade should be horizontal so that one of its sharp edges will sever the vertical stomach arteries. The attack may also be made to the heart by driving the blade in at the center of the body just at the base of the diaphragm, in an upward direction, slightly to the left. In either case unconsciousness followed by death will be almost instantaneous. Except in rare instances, knife attacks from the front should be directed against these two points. They are the easiest to reach, the most difficult to protect, and give the quickest results.

In making an attack from the rear, you may cut the throat with a sideward slashing motion across the front of the windpipe, or you may attack the carotid artery, the subclavian artery, or the stomach. In general, the same rules apply for this attack from the rear as in an attack without a weapon. Close your free hand over your opponent's mouth and face. Snatch the upper part of his body backward as you drive your hip or knee into his buttocks. To attack the throat, draw the sharp edge of your knife horizontally across the windpipe just below the jaw. To attack the carotid artery,

THE MAIN ARTERIES ...




STAB DOWN HERE
TO REACH THE
SUBCLAVIAN ARTERY
CUT HERE TO
SEVER THE WIND PIPE
STAB HERE
TO REACH THE
CAROTID ARTERY
STAB HERE TO REACH
THE STOMACH ARTERY
STAB UPWARD AND
SLIGHTLY LEFT HERE
TO REACH THE HEART

insert the knife, with the blade flat, into the side of his neck just below the ear, to a depth of about three inches. Move the blade back and forth quickly to sever the artery. To attack the subclavian artery, drive the blade in vertically between the collarbone and the heavy trapezius muscle between the neck and the shoulder point, to a depth of about five inches. Move it back and forth to sever the artery. To attack the stomach, reach over your opponent's shoulder, drive the blade into the stomach and drag it sideward and upward to sever the artery. All of these attacks may be made from the original position of attack from the rear. Death in all cases will occur within a few seconds.

Attacks with a small knife against the arteries in your opponent's wrists, upper arms, and legs will not give results rapid enough to save you from possible injury by a frantic opponent. As a final word it should be stressed again that wide swinging strokes and slashes will give your opponent an opportunity to disarm you, block the blows, and take advantage of your momentum.

2. Use of Heavy Knives. Heavy knives such as bolos, machetes, or other similar weapons can be used with great effectiveness even by an unskilled fighter. The weight and force with which the blade can be used make it unnecessary to pick out vulnerable points. As a general rule, use wide diagonal slashes and do not close into your opponent. An arm thrust out to block the weapons will be completely cut off. The blade will decapitate your opponent, cut through his body, or split it half in two. Of course there are points of attack which will be more effective than others. These points are the sides of your opponent's neck, his wrists, his arms just above the elbows and the small part of his body, above the hips. Don't swing your heavy knife with so much force that it pulls your body off balance, if you fail to hit your enemy. Let most of the effort be made with your arms, and swing with a figure-eight motion. Don't attempt to shatter your blade on your opponent's helmet. Even though it might cleave through, there is a possibility that you will find yourself weaponless after attempting such a blow.

3. Stick Fighting. If you are unable to secure any other weapon, you will be able to fight with a fair degree of effectiveness using a short stout stick. Don't pick up the biggest club you can find. If you do, every swing you make will pull you out of position and make you vulnerable to attack as you try to recover. Select a stick about eighteen inches long and about one inch in diameter. Don't flail at your opponent and try to batter him into submission. A stick is least effective when used as a striking weapon. Instead jab with the end, holding it with both hands, into your opponent's stomach or throat. Use an overhand grip so that your hands are about eight or ten inches apart. This will give you both ends of the stick as offensive points. This position also gives you an opportunity to block a downward knife slash or a bayonet thrust without too much possibility of your hands being cut. If you are fighting an unarmed opponent

who is difficult to close upon, you may use the stick for quick flicking blows to his wrists, knees, and shins by suddenly releasing one hand-grip and allowing the end of the stick to strike out toward him.

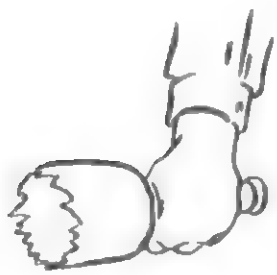
4. Miscellaneous Improvised Weapons. If you are aware of the many objects around you which can be used as fighting weapons, you may equip yourself at any time with something that will stand you in good stead. A hand full of dirt or small rocks thrown into your opponent's eyes at close range will blind him and make the finish easy. A heavy stone smashed into his face or into his stomach will usually end your fight quickly. You can make an effective weapon by tying several links of old chain to the end of a six foot length of rope. With such a weapon you can easily knock a man out, strangle him, trip him up, or take a weapon from his hands; for even if the chain doesn't hit him, the cord will wrap around any part of his body that it happens to contact. A glass bottle held by the neck, with the bottom broken off, is better than no weapon at all. Don't use it to smash against your opponent's head, but drive the jagged edges into his face or throat. As a last resort you may find that even a .30 calibre or .50 calibre cartridge, held dagger-like in your hand, can be used to tear his windpipe or gouge his eyes. With an eighteen inch length of rope or fine wire, you can easily strangle an opponent, particularly if you attack from the rear.

This is a very limited list of improvised weapons. Look around you and you will see that there are many other possibilities. Make a mental note of all you can think of, for the time may come when you will be grateful for even a nail or a short piece of wire.

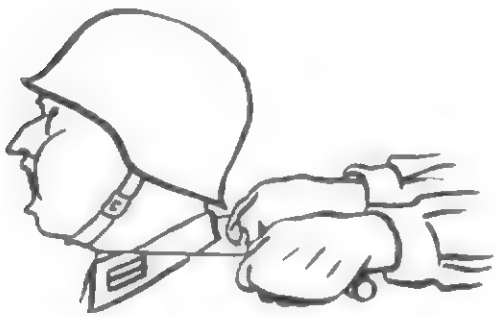
USING A SMALL KNIFE
TO CUT THE WIND PIPE

USING A
SHORT STICK

A CARTRIDGE IS
BETTER THAN NOTHING

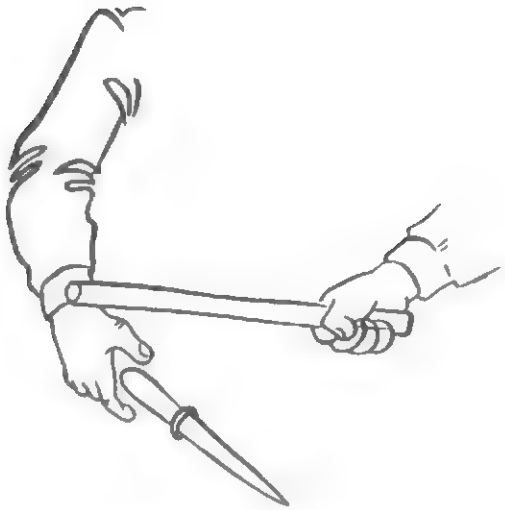


A BROKEN BOTTLE
MAY HELP



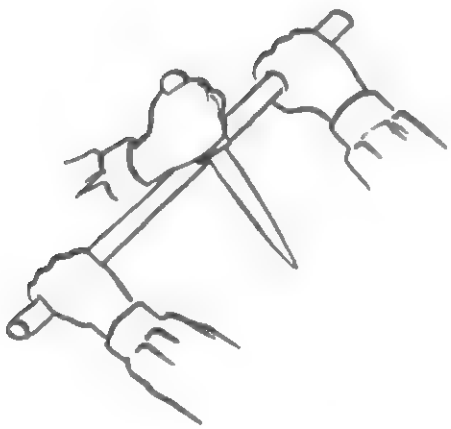
USING A PIECE
OF WIRE

USING A CHAIN ON
THE END OF A ROPE

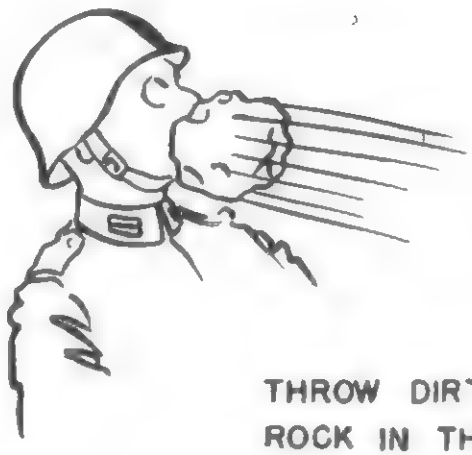


STOPPING AN UNDER HAND KNIFE THRUST

BLOCKING AN OVER HAND KNIFE BLOW



USING A STICK TO BLOCK A KNIFE BLOW



THROW DIRT OR A ROCK IN THE KNIFER'S FACE

DISARMING AN OPPONENT

If you are unarmed and fighting against an opponent who has a weapon, two strikes are called on you from the start. There is no skill or science which can protect you from an opponent who decides to pull the trigger when he is thirty feet away. You can not expect to disarm an opponent who has a knife or a bayonet without running the risk of injury, particularly to your hands and arms. However, in the excitement of battle, such injuries will probably not be felt, and they are far better than gaping holes in your stomach or throat. The methods of disarming suggested here are as effective as any that you can use. There are many other methods, most of which are variations of those listed. The one general rule which is true in all of them is simply this: Avoid the action of the dangerous part of the weapon. Get out of its range, and attack the man who is using the weapon.

1. Fighting Against a Knife. Your chances of a successful fight against an opponent who is using a knife are quite slim, particularly if your opponent knows how to use his weapon. If the knife is small and he makes wide swinging blows, you can use a parry at the wrist followed by a kick to the testicles, a wrist throw, or a trip kick. If he uses a knife correctly however, your best bet is to throw a hand full of dirt into his face. If you have a stick, strike the hand that holds the knife. Don't attempt to hit him on the head first. Knock that knife out of his hands and then use the stick to attack his more vulnerable points.

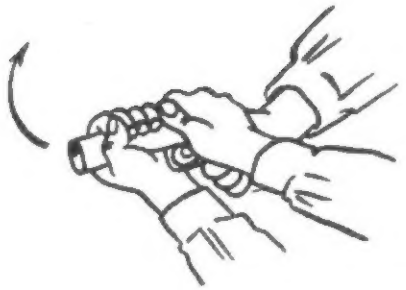
2. Fighting Against a Bayonet. A bayonet is a dangerous weapon only as long as you are in front of the point or in the line of a slashing motion. If you can deflect or parry the blade and close into your opponent, the gun and bayonet will actually be a disadvantage to him, for both of his hands will be occupied. Naturally such parries must be made with the hand and there is every possibility that your hand will be cut, but cuts on the hand seldom are fatal. If possible, always deflect your opponent's bayonet to your left, because this will reduce the possibility of his making a butt stroke into your testicles. As you deflect it, spring to the right, so that your body will not be in front of the point in case your hand misses. Close instantly and drive your foot or knee into his testicles. You may disarm him entirely by gripping his gun with your hands, directly in front of his hands, and twisting; smash the gun into his body and drive him to the ground. As in the case of the knife, a hand full of dirt or small stones thrown into his face will make the job much easier.

3. Fighting Against a Pistol. As has been stated before, you have no defense against a pistol or gun at long range. If your opponent is close to you however, and if for some reason he would rather take you

prisoner than shoot you, you have a fair chance of disarming him. Remember that the danger end of a pistol is the end of the barrel. If it is not pointed at you, he can't shoot you. Your first move then, in all cases, must be to deflect that danger end so that it doesn't point at you. This deflection should be sideward rather than vertical, simply because the danger zone is smaller to the side. An eight inch deflection will usually be more than enough to the side, while an eight inch deflection upward will only cause the gun to blow your brains out. If your opponent is in front of you, push the gun with a sudden sideward slap to your left, closing your right hand over his hand and the gun. With your left hand take hold of the barrel and drive it back against his trigger finger until the gun is in your possession. If he has an automatic pistol, the slide will probably tear up your right hand but the injury will not be as serious as a slug in the stomach.

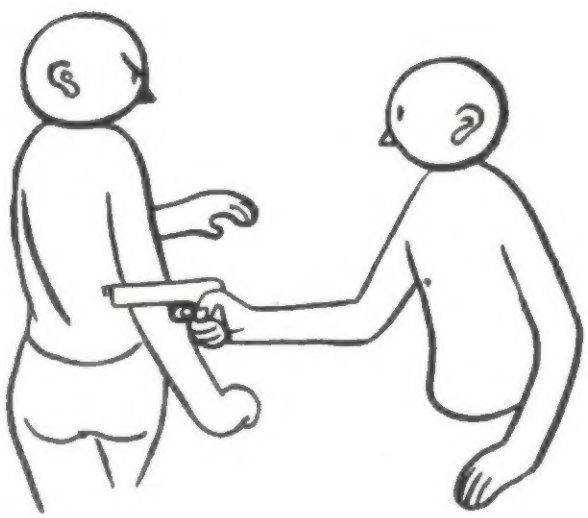
If your opponent is behind you and close enough so that you know that his pistol is within a few inches of your back, you have a good chance to disarm him. You must be sure which hand holds the pistol for a turn in the wrong direction will mean the end for you. If the pistol is in his right hand, turn to the right. Turn rapidly so that your right forearm will strike the pistol, deflecting it away from your body to the left. Your turn must stop at that point for if you continue to spin, the pistol will swing back into position and your opponent will shoot you. As the spin is completed, and while the pistol is deflected, reach for it with your left hand, then close your right upon the barrel and twist the pistol away from your opponent. Remember to twist it to the left and not toward your own body.

Fighting Against Miscellaneous Weapons. The problem of meeting attacks by an opponent wielding some weapon such as a stick, bottle, or club will vary depending on the situation. However, the same general rules will apply as in combating a knife or a bayonet. Remember that you must avoid that part of the weapon which is dangerous. If possible try to meet the attack with a superior weapon used in a superior manner.

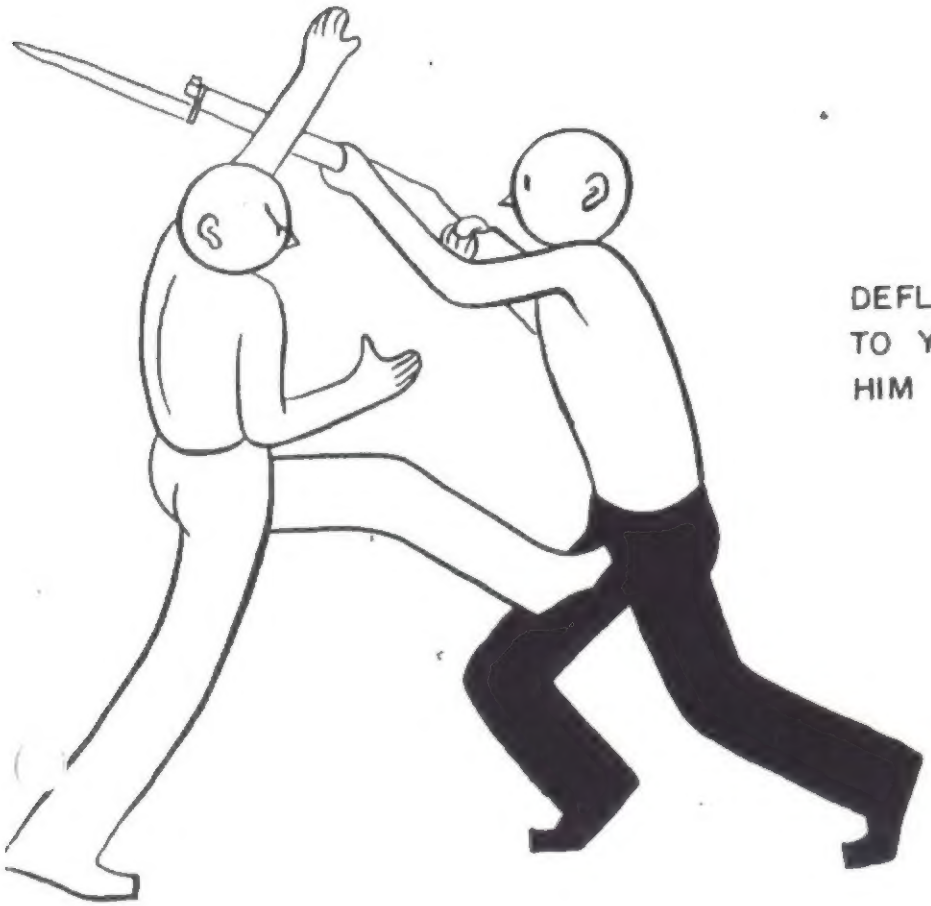


TWISTING A PISTOL AWAY FROM AN OPPONENT

DEFLECT THE PISTOL TO THE SIDE AND TWIST IT AWAY FROM HIM



FROM BEHIND WHIRL SO THAT YOUR ARM DEFLECTS THE PISTOL TO THE SIDE. GRAB WITH BOTH HANDS AND TWIST IT AWAY FROM HIM



DEFLECT THE BAYONET
TO YOUR LEFT AND KICK
HIM IN THE TESTICLES

RIP THE GUN WITH YOUR HANDS
Y FRONT OF HIS AND TWIST IT
C THAT HIS ARMS ARE CROSSED.
IFT THE BUTT END UP SMASH
INTO HIS NECK

A SUGGESTED METHOD OF TEACHING DIRTY FIGHTING

This text has one primary purpose. This purpose is to furnish a guide for instructors who have had basic courses in hand-to-hand combat, but who lack the experience and knowledge of the subject which would enable them to teach from memory. The text is written so that the material is presented in the order in which it should be taught. Each section may be taught separately in a single class or series of classes. It is suggested that a basic course of ten periods, each approximately one and one half hours long, be given using the schedule which follows.

Each instructor should have a class not larger than a platoon. After the basic course has been completed, regular daily or weekly periods should be alloted for practice. Individuals should be given frequent opportunities to act as instructors during these practice periods. For the sake of convenience, all holds and tricks should be taught by name so that a command to execute any hold or trick may be given simply without description.

1st Period -- Introduction to "Dirty Fighting." Explain the requirements and necessity for knowledge of hand-to-hand combat. Emphasize the importance of forgetting fair fighting. This period should be used to explain the basic princinciples used in throwing an opponent. An instructor capable of demonstrating the application of these principles should be in charge of this class. Avoid a continuous lecture.

2nd Period -- The Sensitive Points. Teach the following: Temples, bridge of nose, base of nose, upper jaw, mastoid area, base of skull, spine, back of hands, eyes, "adam's apple", abdomen, kidneys, testicles, ears, bone joints, hair, nose, and fingers.

The Natural Weapons. -- Teach the following: Head, teeth, hand edges, knuckles, finger points, heels of hands, elbows, knees, and feet. Explain how natural weapons are used to attack sensitive points.

3rd Period -- The Basic Throwing Tricks. Teach the following: Hip throws, wrist throws, shoulder throws, trip-kicks, switches, rolls, fall-backs, and leg hooks.

4th Period -- Strangling and Kicking. Teach the methods used to strangle an opponent from behind, in front, and on the ground. Teach methods of kicking an opponent from all positions.

5th Period -- Breaking Away From an Opponent. Teach methods of breaking away from various holds around the body by attacking vulnerable points to get distance between bodies, and then throwing your opponent by the use of switches, trip-kicks, wrist throws, rolls, hip throws, shoulder throws, and fall backs.

6th Period -- Making an Attack From the Rear. Teaching methods of getting behind an opponent, and methods of throwing from a position behind. Teach methods of making a rushing attack from the rear.

7th Period -- Meeting an Attack From the Front. Teach methods of meeting high, medium, and low rushing attacks, slow advancing attacks; sparring attacks. Teach methods of making counter frontal attacks using leg hooks, fall backs, and blows to vulnerable points.

8th Period -- Ground Fighting. Teach methods of keeping opponents under control on the ground using riding holds, strangles, and hand pressures. Teach methods of getting away from an opponent by using rolls, blows, and nerve pressures.

9th Period -- The Use of Weapons. Teach the proper use of the knife, stick, and improvised weapons. Teach the location of arteries and methods of attacking them.

10th Period -- Disarming an Opponent. Teach methods of disarming an opponent who has a knife, club, stick, pistol, or bayonet.

Class Procedure. The students class should be paired off according to sizes. The instructor should arrange them in a formation which enables him to speak to the whole group conveniently and at the same time provide enough room for execution of the holds. A large circle or two lines of pairs, one on each side of the instructor, will be satisfactory. The instructor, in the center of the group, must maintain control of his class at all times. He should avoid lengthy discussions and demonstrations. When introducing a hold or trick for the first time he should first use a pupil for a rapid execution of the hold. Then allow the students to execute the hold, each step by command. This should be done twice so that each partner has an opportunity to go through it. Then a short period should be devoted to practice with the instructor supervising. In addition, he must also see that his men are not seriously injured during the learning period. Enthusiasm may be developed through the encouraging of shouting and growling by the students. They should be required to simulate the delivery of killing blows at the completion of each throw or trick.

After the basic instruction has been given, the execution of holds and tricks may be speeded up as the students become more familiar with them. Although it may seem tedious, each part must be done over and over again. When the instructor feels that his class has progressed to the point where they are able to realize the function of the holds and tricks, he should allow them to select certain tricks from each section or phase and devote their practice to those alone. This selection should be made by pairs so that two men may work together. When this has been done, the instructor's job is simply to see that the time is used to good advantage and that improper execution does not continue.